A Collection of Favorite Recipes

by the Employees
and Friends of

PUGET SOUND HOSPITAL

Tacoma, Washington
1982

Expression of Appreciation

Our organization wishes to sincerely express our appreciation and thanks to all those individuals who donated recipes, helped with the compiling and the selling or in any other way contributed to the publication of this delightful cookbook.

THE EMPLOYEE ACTIVITY COMMITTEE

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By

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Appetizers, Pickles, Relishes

A HANDY SPICE GUIDE
TO MAKE YOU BECOME A SEASONED SEASONER

ALLSPICE....a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies. (Ground) Puddings, relishes, fruit preserves, baking.

BASIL....the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES....the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY....the seed of a plant grown in the Netherlands. Flavor that combines the tastes of Anise and Dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER....a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL....the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE....the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM....an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)....is a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey and cooked vegetables.

OREGANO....the leaf of a safe bush growing in Italy, Greece and Mexico. USES: An excellent flavoring for any tomato dish, especially Pizza, chili con carne, and Italian specialties.

PAPRIKA....a mild, sweet red pepper growing in Spain, Central Europe and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY....the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls and cookies. Also delicious in buttered noodles.

ROSEMARY....an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet, fresh taste. USES: In lamb dishes, in soups, stews and to sprinkle on beef before roasting.

SAGE....the leaf of a shrub grown in Greece, Yugoslavia and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews and salads.

THYME....the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, in croquettes, fricassees and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC....a root of the ginger family, grown in India, Haiti, Jamaica and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

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FINGER DRUMSTICKS

3 lb. chicken wings, (or more)
1/2 c. sugar
3 Tbsp. cornstarch
1 tsp. salt
1/4 c. soy sauce
1/2 tsp. ginger
1/4 tsp. pepper
3/4 c. water
1/3 c. lemon juice

1. Cut off wing tips and discard. Divide each wing in half. Place in single layer on rack of broiler pan (spray rack with Pam). Bake at 400° for 30 minutes, turning them once. 2. Mix sugar and cornstarch in small saucepan and add remaining ingredients. Cook and stir until it thickens (boil 3 minutes). 3. Baste generously (using pastry brush) with sauce and bake 15 minutes. Turn and baste other side and bake 15 minutes. Repeat this process for 1 hour. Turn oven down to 350° halfway through.

Jackie Hieb

MAGICAL CHEESE SPREAD

2 c. (8 oz.) shredded Kraft sharp natural cheese
1/4 c. pimiento
1 tsp. Worcestershire sauce
Dash ground red pepper
1/2 c. mayonnaise
1/3 c. chopped ripe olives
2 Tbsp. chopped green onion
1/4 tsp. garlic powder

Combine ingredients; mix well. Chill. Serve with crackers or bread sticks or potato chips (1 3/4 cups).

Can be molded in a bowl, to make it look like a cheese ball.

Sandy Washam

HAM CHEESE BALL

2 (8 oz.) pkg. cream cheese
2 pkg. pressed ham
1 small can chopped black olives
5 or 6 green onions, chopped
Dash of garlic
Dash of salt and pepper

Mix all ingredients together, except 2 packages of pressed ham. Cut one package of ham in small squares, mix with other ingredients. Shape mixture into ball, place on serving dish. Cut up other package of ham in small squares and place it on cheese ball.

Let set overnight; serve with crackers.

Debbie Mayfield

HAM-NUT SPREAD

4 oz. cooked ham, cut into 1-inch cubes
2 small sweet pickles, quartered
1/4 c. shelled pecans
1 c. mayonnaise or salad dressing
1/4 tsp. dry mustard

Process with steel blade in food processor. Makes a delicious stuffing for cream puffs and crackers, etc. Makes 1 cup.

Renate H. Lawrence

MAPLY APPETIZERS

1 (15 1/2 oz.) can pineapple chunks
2 (8 oz.) pkg. brown and serve sausage links
4 tsp. cornstarch
1/2 tsp. salt
1/2 c. maple-flavored syrup
1/3 c. vinegar
1/4 c. water
1 large green pepper, cut into 3/4-inch squares (about 2/3 cup)
1/2 c. drained red maraschino cherries

Drain pineapple, reserving 1/2 cup liquid. Cut sausages into thirds, crosswise. Brown sausages in skillet; drain, if necessary. Blend cornstarch, salt, reserved pineapple liquid, maple syrup, vinegar and water in blazer pan of chafing dish. Heat to boiling over direct heat, stirring constantly; cook and stir 1 minute longer. Add the pineapple chunks, sausage pieces, green pepper pieces and cherries; cook 5 minutes. Keep warm over hot water (bain-marie). Spear with cocktail picks. Makes 8 to 10 servings.

Rena G. Olsen

"OLE CHIP DIP"

1 (16 oz.) can refried beans
3/4 lb. lean ground beef
1/2 c. taco sauce (hot)
1 (4 oz.) can diced ground chiles (plain)
1/2 c. sliced ripe black olives
2 green onions
Salt and pepper
3/4 c. shredded Cheddar cheese
3/4 c. shredded Jack cheese
1 diced tomato

Divide beans between 2 pie plates. Brown ground beef, drain. Add hot sauce, chiles, olives, onions, season to taste, spoon over refried beans, top with the two cheeses and tomatoes. Bake at 350° until the beans get warm and the cheese melts. Let dip stand for 5 minutes before serving. Serve with taco chips.

Diana Williams

HERB CURRY DIP

1 c. mayonnaise
1/2 c. sour cream
1 tsp. crushed mixed herbs
1/4 tsp. salt
1/8 tsp. curry powder
1 Tbsp. snipped parsley
1 Tbsp. grated onion
1 1/2 tsp. lemon juice
1/2 tsp. Worcestershire sauce
2 tsp. capers, drained

Blend and chill ingredients. Serve with crisp vegetables for dippers.

Syd Purdue

SWEET DILL PICKLES

4 lb. (about 40) 4-inch pickling cucumbers
Ice water
6 Tbsp. dill seeds
1 medium onion, peeled and thinly sliced
2 c. (5% acid) vinegar
1 c. water
1 c. sugar
2 Tbsp. canning salt

Wash cucumbers, cut 1/16-inch slice off blossom end; cover with ice water and leave in refrigerator 4 hours. Drain, quarter lengthwise. Add 1 tablespoon dill seeds and 2 slices onion to each of 6 sterilized hot pint jars. Pack cucumbers in jars. Combine vinegar, 1 cup water, 1 cup sugar and salt in 2-quart saucepan. Bring to a boil, pour over cucumbers, filling jar to 1/4-inch of jar top. Process in boiling water bath 10 minutes.

Kim Vance

SPICY COLESLAW RELISH (Microwave)

2 Tbsp. butter or margarine
2 c. finely shredded cabbage
1 medium green pepper
1 small onion, chopped
2 Tbsp. vinegar
2 tsp. prepared mustard
1 tsp. Worcestershire sauce
1/2 tsp. salt
1/4 tsp. hot pepper sauce (Tabasco)
1/8 tsp. pepper

Place butter in 2-quart casserole. Place in microwave oven and cook (High power) 1/2 minute, until melted. To butter, add cabbage, green pepper, onion, tomatoes, vinegar, mustard, Worcestershire sauce, salt, pepper sauce and pepper. Mix together well. Cover. Place in microwave and cook 7 to 9 minutes, stirring after 4 minutes.

Serve over hot dogs, Polish sausage or bratwurst. Refrigerate leftovers.

Kim Vance

Soups, Salads, Vegetables

FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling for Sandwiches (meat, eggs, fish)	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1¾ to 2 quarts	2½ to 4 quarts
Jams & Preserves	1½ lb.	3 lb.	6 lb.
Crackers	1½ lb.	3 lb.	6 lb.
Cheese (2 oz. per serving)	3 lb.	6 lb.	12 lb.
Soup	1½ gal.	3 gal.	6 gal.
Salad Dressings	1 pt.	2½ pt.	½ gal.
Meat, Poultry or Fish:			
Wieners (beef)	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7½ pounds	15 pounds	30 pounds
Salads, Casseroles, Vegetables:			
Potato Salad	4¼ quarts	2¼ gallons	4½ gallons
Scalloped Potatoes	4½ quarts or 1 12×20″ pan	8½ quarts	17 quarts
Mashed Potatoes	9 lb.	18-20 lb.	25-35 lb.
Spaghetti	1¼ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1¼ gallons	2½ gallons
Jello Salad	¾ gallon	1¼ gallons	2½ gallons
Canned Vegetables	1 #10 can	2½ #10 cans	4 #10 cans
Fresh Vegetables:			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or ½ c.)	6¼ lb.	12½ lb.	25 lb.
Tomatoes	3-5 lb.	7-10 lb.	14-20 lb.
Desserts:			
Watermelon	37½ pounds	75 pounds	150 pounds
Fruit Cup (½ c. per serving)	3 qt.	6 qt.	12 qt.
Cake	1 10×12″ sheet cake	1 12×20″ sheet cake	2 12×20″ sheets cakes
	1½ 10″ layer cakes	3 10″ layer cakes	6 10″ layer cakes
Whipping Cream	¾ pint	1½ to 2 pints	3 pints
Ice Cream:			
Brick	3¼ quarts	6½ quarts	12½ quarts
Bulk	2¼ quarts	4½ quarts or 1¼ gallons	9 quarts or 2½ gallons
Beverages:			
Coffee	½ pound and 1½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1½ gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water

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BEEF BURGER AUTUMN SOUP

1 lb. ground beef, (lean)
1 Tbsp. shortening or oil
2 pkg. condensed beef broth or 2 bouillon cubes
1 c. water
2 (16 oz.) cans stewed tomatoes or juice or both (add V-8 juice to taste)
1 large bay leaf
1 onion, chopped
1 c. celery, chopped
2 c. carrots, chopped

Brown crumbled beef in melted shortening. Add bouillon, dissolved in water, tomatoes and vegetables. Simmer 1/2 hour or until vegetables are tender (the longer, the better).

Options: At the last, diced potatoes or quick-cooking rice or noodles may be added.

Ruth Mathewson

CHEESE AND ALE SOUP

2 Tbsp. butter
1/2 c. diced onion
1/2 c. diced carrot
1/2 c. diced celery
1/2 c. whole-wheat flour
2 1/2 pt. chicken stock
8 oz. extra sharp Cheddar cheese, grated
1 (12 oz.) can lite beer
2 Tbsp. Parmesan cheese
1/2 tsp. dry mustard
Fresh pepper to taste

Open can of beer and sert aside. Melt butter in large skillet. Add onion, carrot and cleery. Saute until vegetables are just tender. Blend flour into sauteed vegetable. Blend in chicken stock and mustard, stirring constantly. Simmer over low heat for 15 minutes. Blend in cheese and beer; simmer over low heat for 15 more minutes, stirring occasionally. Serves 8.

Claudia Adkins

POTATO CHEESE SOUP

4 c. cubed, peeled potatoes
2 c. water
2 tsp. salt
1/8 tsp. pepper
4 slices bacon, chopped
1/2 c. chopped onion
1 can evaporated milk
2 c. shredded Cheddar cheese

Cook potatoes with water, salt and pepper in large saucepan, until soft. Do not drain. Mash and add 1 can evaporated milk. Meanwhile cook bacon and onion in small skillet. Drain. Add to potato mixture; add cheese. Cook over low heat stirring frequently until thoroughly heated and cheese is melted. Do not boil.

Karen Otto

CHINESE CHICKEN SALAD

2 chicken breasts
1 Tbsp. sesame seeds
1 tsp. salt
1/2 tsp. pepper
3 Tbsp. vinegar
1 head of lettuce
4 green onions
2 Tbsp. almonds
1/4 c. oil
2 tsp. sugar
1/2 tsp. Accent

1. Boil chicken breast until done (approximately 20 minutes). Set aside in refrigerator to get cold. 2. Mix together vinegar, oil, salt, pepper, Accent and sugar. Shake well and set aside. 3. Shred lettuce and chop green onions. 4. Pull chicken apart. Shake dressing well again. 5. Toast sesame seeds and almonds under broiler (watch closely). 6. Put everything together and pour dressing on. Serves 3 to 4 people.

Shari Nagrodski

PIZZA SALAD

1 head lettuce
1 (15 oz.) can artichoke hearts, chilled and drained
1 c. cubed salami
1 c. cubed Monterey Jack cheese
1/2 c. pitted chopped ripe olives
2 Tbsp. sunflower seeds

Dressing:

3/4 c. corn oil
1/2 cup tomato sauce with (4 oz.) cheese
3 Tbsp. wine vinegar
1/4 tsp. Italian herbs
1/8 tsp. pepper
1/2 tsp. salt
1 clove garlic, halved

Toss ingredients just prior to serving and add dressing.

Jackie Hieb

FRUIT PIZZA

1 (1 lb. 2 oz.) pkg. refrigerator sugar cookie dough
1/3 c. sugar
Blueberries
Green grape halves
1/4 c. orange marmalade, peach or apricot preserves
1 (8 oz.) pkg. cream cheese
1/2 tsp. vanilla
Banana slices
Orange sections
Strawberry halves
1 Tbsp. water

Cut dough into 1/8-inch slices. Line 14-inch pizza pan with slices, overlapping slightly. Bake at 375°, 12 minutes, cool. Blend softened cream cheese, sugar and vanilla. Spread over cookie crust. Arrange fruit over cream cheese layer (use any combination of fresh or drained, canned fruit.) Glaze with marmalade or preserves mixed with water. Chill.

Sandy Washam

COOL WHIP SALAD

1 small pkg. frozen strawberries
1 (#2) can crushed pineapple
1 (6 oz.) pkg. strawberry jello
1 lb. cottage cheese
1 (9 oz.) carton Cool Whip

Thaw strawberries. Drain strawberries and pineapple as well as you can. Put fruit in a bowl and add dry jello

over it; mix well. Stir in cottage cheese and Cool Whip. Mix well and refrigerate for several hours. Serves 8.

Norma Quillen

SNOW SALAD

1 small Cool Whip
1/2 pt. cottage cheese (may use all)
1/2 c. mayonnaise
1/2 pkg. mini marshmallows
1 can peaches or fresh, cut up
1/2 small pkg. jello (peach)

Mix first 4 ingredients. Fold in fruit. Sprinkle with jello and gently blend. Let stand overnight. Serves 4-6.

Denise Gruchalla

BECKY'S FRUIT MOLD

2 (8 oz.) cream cheese
1 can Eagle Brand milk
1 can Mandarin oranges
1 can crushed pineapple
1 pkg. Knox gelatine
1 jar maraschino cherries
1 Tbsp. lemon juice

Pan size (8 x13-inches). Blend cream cheese and Eagle Brand milk; add fruit. Soften Knox gelatine in Mandarin orange juice. Boil pineapple juice and add together mixture. Add to fruit mixture and refrigerate to set up. Serves 8 generously.

Norma Quillen

BEAN THREAD SALAD

1 pkg. Luchow bean threads
5 or so green onions, chopped
1 c. chopped celery
1 small cucumber, grated
1 can shrimp
1 tsp. lemon juice
1/2 tsp. sugar
Salt and pepper to taste
Wishbone Italian dressing to taste

Pan size (medium bowl). Boil whole package of bean threads 20 to 25 minutes. They will be transparent when thoroughly cooked. Drain and rinse with cold water. Cut through the bean threads several times to make them easier to handle with a fork. Mix all ingredients together. Chill and serve. Serves 6-8.

Francine Ferguson

MARINATED CARROTS

4 1/2 c. sliced carrots, cooked
2 small onions, diced
1 can tomato soup
3/4 c. cider vinegar
1/4 c. salad oil
2/3 c. sugar
1/2 tsp. salt
1 Tbsp. Worcestershire sauce
1 Tbsp. prepared mustard

Combine all ingredients and refrigerate overnight. May also add green beans and garbanzos. Serves 10.

Denise Gruchalla

BACON CURRY COLESLAW

1/2 c. mayonnaise or salad dressing
1 Tbsp. vinegar
1 tsp. sugar
1/2 tsp. curry powder
3 c. shredded cabbage
1/4 c. raisins
2 Tbsp. chopped green onions
4 slices crisp, cooked bacon, crumbled
1/4 c. salted peanuts

Combine until smooth mayonnaise, vinegar, sugar, curry. Refrigerate. In large bowl, combine cabbage, raisins and onions. Refrigerate. Just before serving, combine all ingredients. Stir lightly to coat with dressing. Makes 6 servings.

Marjorie Caputo

PENNY'S COLE SLAW

1 green cabbage (about 2 lb.)
1/2 tsp. dried, crushed hot red pepper flakes
2 Tbsp. of sugar
5 Tbsp. cider vinegar
3/4 c. of mayonnaise
8 Tbsp. half & half

Salt to taste
Freshly ground pepper to taste
1/3 c. onion, chopped fine
1 Tbsp. parsley, chopped fine

Cut cabbage in half, slicing through core, cut away and discard core of cabbage. Place cabbage, cut side down and slice into thinnest possible shreds. There should be ten cups. Put cabbage in mixing bowl, add pepper flakes, sugar and vinegar. Blend mayonnaise and cream in bowl with wire whisk. Add mixture gradually to cabbage, sitrring and tossing with two-pronged fork. Add salt, pepper, onion and parsley and toss to blend thoroughly. Serves 6 or more.

Penny Mitchell

CAULIFLOWER SALAD

1 large cauliflower, broken into flowerets
1 carrot, grated fine
Small onion, chopped fine
8 oz. cream cheese, softened and mixed with salad dressing or mayonnaise (about 1/2 cup)

Mix all together and refrigerate. Serves 4.

Ellen Robinette

PEA SALAD

2 cans green peas
3 or 4 eggs
1 c. Cheddar cheese
1 small onion
3 or 4 Tbsp. mayonnaise or salad dressing
Salt
Pepper

Drain peas, let set. Hard-boil eggs, cut cheese into small cubes, dice up onion. Put peas in bowl, add all ingredients, add mayo or salad dressing to taste, add salt and pepper to taste. Let set in refrigerator at least 1 hour before serving.

You can also add tomato, celery or shredded carrots, if desired. Serves 4 to 6 people.

Debbie Mayfield

MEXICAN CHEF SALAD

1 lb. hamburger
1 taco seasoning mix
1 head lettuce
1 large green pepper
1 large onion
2 cans chili beans, drained
2-3 tomatoes
1 small can chopped black olives
2-3 c. grated Cheddar cheese
1 bag tortilla chips, crushed
1 bottle French dressing
1 bottle LaVictoria salsa supreme

Pan size (large bowl). Brown hamburger and mix with taco seasoning mix as directions on mix. Chop lettuce, green pepper, onion, tomatoes and mix together. Add chili beans, black olives and seasoned meat. Gently toss in cheese and tortilla chips. Mix French dressing to salsa to taste. Serve with salsa on the side for those who like it hot. Enjoy!

Makes a great meal. Add whatever extra suits your fancy.

Nancy L. Vejvoda

FIRE AND ICE TOMATOES

6 peeled tomatoes, quartered
1 green pepper, in strips
1 onion, cut and separated into rings
1 sliced cucumber

Dressing:

1/4 c. vinegar plus
1/4 c. water
1 1/2 tsp. celery seed
1/2 tsp. salt
4 1/2 Tbsp. sugar
1/8 tsp. paprika
1/8 tsp. pepper

Place tomatoes, pepper and onion in large bowl with a lid. Boil dressing 1 minute and pour over vegetables. Chill overnight, stir occasionally. Before serving, add thin sliced cucumber. Serves 8-12.

Sue Hanson

CALIFORNIA VEGETABLE BOWL

1/4 c. butter or margarine
4 c. sliced, unpared zucchini squash (about 1 lb.)
1 1/2 c. whole kernel corn
1/2 c. chopped green pepper
1 c. chopped onions
1/2 c. chopped celery
1 small can mushrooms
1 small jar pimento
1/2 tsp. salt
1 tsp. dried dill

Temperature (medium heat). Melt butter in skillet; add zucchini, corn, onion, green pepper, celery, mushrooms and pimento. Sprinkle with salt. Cover and cook, stirring occasionally 10-12 minutes or until vegetables are done to your liking. Sprinkle with dill just before serving. Serves 4 to 6.

I use my electric fry pan on 350°.

Joanne A. Clark

SWEET & SOUR BEANS

10 slices bacon, browned
3 large onions, cut in rings
1 1/2 c. brown sugar
1 1/2 tsp. dry mustard
3/4 tsp. garlic powder
1 1/2 tsp. salt
3/4 c. cider vinegar
2 (1 lb.) cans cooked dry butter beans
1 (1 lb.) can green lima beans
1 (1 lb.) can dark red kidney beans
1 (28 oz.) can New England-style baked beans

Drain butter beans, lima beans and kidney beans. Combine first 7 ingredients in saucepan; cook on low heat for 20 minutes. Mix beans in large roaster; add cooked sauce and bake, uncovered, at 350° for 1 1/2 hours. Serves 8.

Karen Otto

CREAMED CABBAGE

3/4 c. water
1/2 tsp. salt
8 c. shredded cabbage (1 small head)
2 Tbsp. margarine
1/2 c. milk
2 tsp. cornstarch
1 tsp. sugar

1/2 tsp. salt

Dash white pepper

Bring water to a boil in 3-quart saucepan, add 1/2 teaspoon salt and cabbage. Cover and boil 7 minutes, stirring once to turn cabbage over in saucepan. Meanwhile, mix together milk, cornstarch, sugar 1/2 teaspoon salt and pepper in small saucepan. Stirring constantly, cook over medium heat until mixture thickens and boils one minute; remove from heat. Drain cabbage and toss with margarine. Pour hot sauce over cabbage and toss lightly to coat. Serve hot. Makes 4 servings.

Rosalie J. McGovern

CURRIED CAULIFLOWER CASSEROLE

1 large head cauliflower, cooked and drained
1/3 c. Best Foods mayonnaise
1 can cream of mushroom soup
1 cup (4 oz.) Cheddar cheese, grated
1/2 tsp. curry powder
2 Tbsp. margarine/butter, melted
1/2 c. bread or corn flake crumbs

Pan size (1 1/2-quart casserole). Oven temperature (350°). Place cooked cauliflower into dish (break into flowerets before cooking). Mix well, mayonnaise, cream of mushroom soup, grated cheese and curry powder. Pour over cauliflower. Mix crumbs with melted margarine or butter and spoon over casserole. Bake for 35 minutes, uncovered until bubbly/brown. Serves 4.

Larry N. Howell

CORN--PAN DE ELOTE

#1 can cream style corn
1 c. biscuit mix
1 egg, beaten
2 Tbsp. melted butter
1 (4 oz.) can Ortega green chiles
1/2 lb. Jack or Cheddar cheese, grated
1/2 c. milk

Combine corn, biscuit mix, egg, butter and milk. Mix well. Turn 1/2 of the batter into a 8x8-inch greased casserole dish. Cover with chiles and part grated cheese. Spread the remaining batter over this mixture and top with remaining cheese. Bake 400° for 20 minutes or until brown.

Karen Soper

GREEN BEANS VIENNESE

1 (20 oz.) pkg. frozen, cut green beans
1/4 c. chopped onion
1 Tbsp. all-purpose flour
1/2 tsp. salt
Dash pepper
1/2 c. chicken broth
2 Tbsp. snipped parsley
1 Tbsp. vinegar
1/4 tsp. dried dill weed
1/2 c. dairy sour cream

Cook beans according to package directions; drain. Meanwhile, in saucepan, cook onion in butter or margarine till tender. Stir in flour, salt and pepper. Add broth, parsley, vinegar and dill. Cook and stir till bubbly. Stir into sour cream. Add to drained beans. Heat mixture through, but do not boil. Turn into serving bowl. Serves 8.

Claudia Adkins

EGGPLANT CASSEROLE

1 large eggplant, peel and dice
1 medium onion, chopped
1 green pepper, chopped
1 tsp. salt
1/2 c. Parmesan cheese
1 c. bread crumbs
2 eggs, slightly beaten

Oven temperature (350°), baking time (45 minutes). Boil first 4 ingredients together for 30 minutes or until tender. Drain. Add and stir together remaining ingredients. Put in greased casserole. Bake until nice and brown.

Serve same as Bread Dressing with gravy.

J. Bozman

HOT POTATO SALAD

6 potatoes boiled in jackets, cooled
6 slices bacon fried crisp, crumble
4 green onions
1 c. cheese, grated
1/2 pt. sour cream
1/3 c. milk
Salt
Pepper

Peel and dice potatoes; add other ingredients. Place in buttered casserole dish; cover with foil. Bake at 350° for 20 minutes, or until cheese melts.

Diane Wahl

BAKED POTATO SALAD

Boiled potatoes in jackets
4 Tbsp. flour
1/2 c. butter or margarine
2 tsp. salt
1/2 tsp. pepper
2 c. milk
1 c. mayonnaise
1 large sliced onion
4 hard-boiled eggs
1 c. chipped beef, ham, bacon or corned beef (may be added, but good without)

Oven temperature (350°). Mix together flour, margarine, pepper, salt and milk. Cook over low heat until quite thick. Cool good; mix in mayonnaise. Slice potatoes into baking dish. A small amount, then layer sauce, onion and sliced egg. Then repeat until dish is over 1/2 full. Cover, bake for 1 hour.

Martha Scudder

POTATOES ROMANOFF

6 good-sized potatoes
1 bunch green onions
1 1/2 c. sharp cheese, grated
1 pt. sour cream
Salt
Pepper

Oven temperature (350°), baking time (40-50 minutes). Cook potatoes, unpeeled until tender. Peel, grate, mix with

grated cheese, sour cream, onions, salt and pepper. Refrigerate several hours or overnight. Top with paprika, cheese.

Sr. Judy Levesque

SPINACH CASSEROLE

2 frozen pkg. spinach, chopped
2 frozen pkg. broccoli, chopped
1/2 lb. Cheddar cheese, cubed
2/3 cube margarine
3 Tbsp. dried onions
6 oz. cottage cheese
5 Tbsp. bacon bits
3 eggs
3 heaping Tbsp. flour

Mix all ingredients together. Grease Crock-Pot with some of margarine. Pour in mixture and cook on high for 1 hour, then simmer (low) for 2-3 hours. Serve with sour cream.

Sr. Judy Levesque

** NOTES **

Main Dishes

MEAT ROASTING GUIDE

Cut	Weight in Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing Rib Roast[1] (10-inch ribs)	4	1¾	140° (rare)
		2	160° (medium)
[1] If using shorter cut (8-inch) ribs, allow 30 min. longer		2½	170° (well done)
	8	2½	140° (rare)
		3	160° (medium)
		4½	170° (well done)
Rolled Ribs	4	2	140° (rare)
		2½	160° (medium)
		3	170° (well done)
	6	3	140° (rare)
		3¼	160° (medium)
		4	170° (well done)
Rolled rump[2]	5	2¼	140° (rare)
		3	160° (medium)
		3¼	170° (well done)
Sirloin tip[2]	3	1½	140° (rare)
[2] Roast only if high quality. Otherwise, braise.		2	160° (medium)
		2¼	170° (well done)
LAMB			
Leg	6	3	175° (medium)
		3½	180° (well done)
	8	4	175° (medium)
		4½	180° (well done)
VEAL			
Leg (piece)	5	2½ to 3	170° (well done)
Shoulder	6	3½	170° (well done)
Rolled Shoulder	3 to 5	3 to 3½	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To-Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY	6 to 8 lbs.	325°	2½ to 3 hrs.
	8 to 12 lbs.	325°	3 to 3½ hrs.
	12 to 16 lbs.	325°	3½ to 4 hrs.
	16 to 20 lbs.	325°	4 to 4½ hrs.
	20 to 24 lbs.	300°	5 to 6 hrs.
CHICKEN (Unstuffed)	2 to 2½ lbs.	400°	1 to 1½ hrs.
	2½ to 4 lbs.	400°	1½ to 2½ hrs.
	4 to 8 lbs.	325°	3 to 5 hrs.
DUCK (Unstuffed)	3 to 5 lbs.	325°	2½ to 3 hrs.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

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BREAKFAST FOR A CROWD

6 slices bread
1 lb. grated Cheddar cheese
1 lb. cubed, cooked ham
8 eggs
2 tsp. salt
2 tsp. dry mustard
4 c. milk

Pan size (13x9-inches). Cut 6 slices of bread into 1-inch strips. Line greased pan. Sprinkle 1 pound, grated cheese over bread. Next layer, 1 pound cubed ham. Beat together 8 eggs, salt, mustard and milk. Pour over all. Let sit overnight in refrigerator, covered with foil. Bake uncovered at 350° for 1 hour. Serves 6.

Sausage or bacon can be substituted for ham.

Karen Otto

HAWAIIAN PORK

2 c. leftover cooked pork, cut in cubes
1 egg
2 Tbsp. flour
3 Tbsp. butter
1 green pepper, in chunks
1/2 c. pineapple chunks
2 1/2 Tbsp. cornstarch
2 1/2 Tbsp. soy sauce
1/4 c. brown sugar
1/4 c. cider vinegar
1/2 c. pineapple juice

Pan size (large fry pan). Beat together the egg and flour and coat the pork pieces. Heat butter and saute meat and green pepper. Add pineapple chunks. Stir together cornstarch, soy, sugar, vinegar and pineapple juice. Pour over meat and simmer until clear (about 5 minutes). Serve with Fried Rice.

Fried Rice:

1 c. cooked rice
4 strips bacon, cut up and browned
3 chopped green onions
4 Tbsp. soy sauce

Heat the rice and soy sauce in some of the bacon grease very well and add 2 eggs, beaten with 1 tablespoon water. Add to rice and cook until rice separates. Serves 4.

Reheats beautifully.

Dr. & Mrs. C. I. Stevens

SWEET & SOUR PORK

1 lb. lean boneless pork, cut into 1-inch cubes
2 Tbsp. oil
3/4 c. water
13 1/2 oz. can pineapple chunks, reserve 1/2 c. liquid
1/4 c. sugar
2 Tbsp. cornstarch
3-4 Tbsp. vinegar
1 Tbsp. soy sauce
1/2 green pepper, sliced

Brown pork cubes in oil. Add water and reduce heat. Simmer, covered 20-30 minutes. In small mixing bowl, combine sugar, cornstarch, vinegar, pineapple liquid (1/2 cup), and soy sauce. Add to meat in pan. Cook at low hear, stirring constantly until clear and thickened. Add green pepper and pineapple chunks. Continue cooking, covered, over low heat 5-10 minutes. Serves 3-4.

Can be served over rice if desired.

Roger Hoy

BACON & CHEESE PUFF

8 slices bacon
2 medium onions, sliced
12 slices white bread, quartered
1/2 lb. Swiss cheese, shredded
8 eggs
4 c. milk
1 1/2 tsp. salt
1/4 tsp. pepper
Red pepper sauce or mustard to taste (optional)

Baking time (50 minutes). Cook bacon until crisp, remove from pan, drain, crumble. In bacon drippings, cook onions until soft. Arrange half the bread slices in single layer in bottom of greased 9x13-inch pan or casserole. Sprinkle with half the crumbled bacon, onions and cheese.

Repeat layer with remaining bread, bacon, onions, cheese. Combine remaining ingredients; pour over top layer in pan. Bake at 375°, until mixture is set and top is puffed and golden. Serves 8.

For 4 servings, reduce all ingredients by half and bake in a 8-inch square pan about 40 minutes. To make extra yummy, use more cheese and bacon.

Charlene Spehar

POPOVERS WITH CRAB CHEESE FILLING

Herb Popovers (recipe follows).

Filling:

3 Tbsp. butter
3 Tbsp. flour
1 c. milk
3/4 c. grated Monterey Jack cheese
3/4 c. grated Parmesan cheese
3 Tbsp. bottled seafood cocktail sauce
3 Tbsp. dry vermouth
1/4 tsp. dill weed
1/8 tsp. pepper
6 oz. crabmeat or 1 (4 1/2 oz.) can crabmeat, drained

Herb Popovers:

2 eggs
1 c. milk
1 c. flour
1/2 tsp. rosemary
1/4 tsp. salt
1 Tbsp. minced parsley

Prepare popovers. Melt butter and blend in flour. Stir in milk and cook, sitrring over medium-high heat, until mixture is thickened and comes to boil. Stir in cheeses, seafood cocktail sauce, dry vermouth, dill weed and pepper. Fold in crab. Heat through. Slice popovers open. Spoon in filling.

Herb Popovers: Combine eggs and milk in electric blender. Add flour, rosemary and salt. Whirl 10 seconds at high speed or until flour is mixed in. Stir in minced parsley. Pour into 6 greased (6-ounce) custard cups, filling 1/2 full. Bake in 425° oven for 25 minutes. Reduce heat to 350° and bake 10 minutes longer or until golden brown and firm to the touch. Makes 6 popovers. Serves 4.

Claudia Adkins

FRENCH HUNTER'S DINNER

1 lb. ham, diced
1 lb. bacon
1 large can tomatoes
1 can corn
1 can lima beans
1 can mushrooms
1 can spaghetti
1 onion, diced
1 clove garlic
1/2 tsp. chili powder
Salt to taste
Pepper to taste

Pan size (large kettle). Saute bacon. Add bacon and bacon grease to other ingredients. Cook on low heat until heated thoroughly.

Serve on toast or toasted buns. Good camping meal.

Syd Purdue

ARTICHOKE & BROCCOLI QUICHE

3 eggs
1 c. cream
1/2 tsp. dry mustard
1/2 - 3/4 c. broccoli hearts
1/2 jar sliced artichoke hearts
4 oz. grated Cheddar cheese
4 oz. grated Parmesan cheese

Pan size (9-inch pie). Bake a prepared pie shell for 2 minutes on 375. Beat eggs, add rest of ingredients. Pour into pie shell. Bake 45 minutes at 375°. Serves 4.

Norma Quillen

CRAB QUICHE

1 (6 oz.) pkg. of crabmeat
1/2 lb. fresh mushrooms, sliced
2 Tbsp. butter
4 eggs
1 c. sour cream
1 c. small curd cottage cheese
1 c. grated Parmesan cheese
1/4 c. flour
1 tsp. onion powder
1/4 tsp. salt
4 drops Tabasco sauce
2 c. shredded Monterey Jack cheese

Thaw and drain crabmeat. In medium-sized skillet, saute mushrooms in butter until tender. Remove mushrooms and drain on paper towels. In blender, mix eggs, sour cream, cottage cheese, Parmesan cheese, flour, onion

powder, salt and Tabasco. Fold in mushrooms, Monterey Jack cheese and crabmeat. Pour into 10-inch porcelain quiche dish. Bake at 350° for 45 minutes, until golden brown and a knife inserted in center comes out clean. Let stand 5 minutes, cut and serve in wedges. Serves 6.

Claudia Adkins

SHRIMP QUICHE

2 c. all-purpose flour
1 tsp. salt
2/3 c. shortening
5 to 7 Tbsp. cold water

10 oz. fresh or frozen shelled shrimp
1 c. shredded process Swiss cheese (4 oz.)
1 c. shredded Gruyere cheese (4 oz.)
1 Tbsp. all-purpose flour
3 eggs
1 c. light cream
1/2 tsp. prepared mustard
1/4 tsp. salt
1/4 tsp. Worcestershire sauce
Dash bottled hot pepper sauce
Dash pepper

For pastry: Stir the 2 cups all-purpose flour and 1 teaspoon salt together. Cut in the shortening till pieces are the size of small peas. Sprinkle 1 tablespoon water over part of mixture; gently toss with fork. Push to side of bowl. Repeat till all is moistened. Form into two balls. Flatten on lightly floured surface. Roll each ball out till 1/8 inch thick; cut each into three circles, large enough to line individual bakers. Fit pastry into bakers. Fold under and flute edge; do not prick the pastry.

Thaw shrimp, if frozen. Dice shrimp; set aside. Toss together the Swiss and Gruyere cheeses and the 1 tablespoon flour. Beat together the eggs, cream, mustard, salt, Worcestershire sauce, hot pepper sauce and pepper. Divide about 3/4 of the cheese-flour mixture among the six pastry-lined bakers. Add shrimp and remaining cheese. Pour in egg mixture. Bake in 400° oven about 30 minutes or until knife inserted off-center comes out clean.

If desired, garnish with whole, cooked shrimp and parsley. Makes 6 servings.

Rena G. Olsen

CLAM LINGUINE (Fash and delicious)

2 cans baby clams, (10 oz.) can
3/4 c. white wine
Small clove garlic
1 Tbsp. chopped parsley
2 Tbsp. butter
1 Tbsp. Worcestershire sauce
1 green onion, chopped fine
Parmesan cheese

Drain two cans baby clams. Put nectar in skillet; add garlic, parsley and wine. Simmer and cook down to about 1 1/3 cups liquid. Add drained clams and butter. Simmer several minutes. Pour over platter of hot linguini spaghetti. Sprinkle generously with Parmesan cheese. Garnish with chopped onions. Serves 4.

Bonnie Iverson

HALIBUT SUPREME

1 c. white wine
1 Tbsp. salt
1 lb. halibut fillet
1 c. mayonnaise
1/2 c. sour cream
1/4 c. chopped green onion
Italian bread crumbs

Mix wine and salt. Marinate fish in mixture for 1 to 2 hours. Drain thoroughly on paper towels. Dip both sides of halibut in bread crumbs. Arrange fillets side by side, in greased shallow baking dish or oven-proof platter. Mix mayonnaise, sour cream and onions. Spread evenly over fish, cover with thin layer of crumbs and dust with paprika. Bake in hot oven (500°) for 10 minutes or until fish flakes when tested with a fork. Serve with lemon wedges.

Can be prepared in morning, placed in refrigerator, baked later. Allow more baking time when cold.

Nancy L. Vejvoda

SEAFOOD CASSEROLE

1 can tuna
2 cans shrimp
1 c. mayonnaise
3 c. cooked rice
1 can mushroom soup
1 (3-4 oz.) can mushrooms
1 can evaporated milk
1 Tbsp. lemon juice
1 chopped green pepper
1 c. chopped celery
1/2 c. chopped green onion
1 pkg. blanched, sliced almonds

Combine all ingredients in a large bowl. Pour into 9x12-inch buttered dish. Top with crushed potato chips, if desired. Bake at 350° for 30 minutes. Serves 8 generously.

Norma Quillen

SEAFOOD CASSEROLE

1 c. rice (regular)
1 can mushroom soup
1 large can evaporated milk
1 c. mayonnaise
1 c. chopped celery
1 green pepper, chopped
1/2 c. finely chopped onion
1 (7 oz.) can tuna fish
1 can shrimp
1 (7 oz.) can crab
1 can button mushrooms
Bread crumbs
Slivered almonds

Pan size (9x13-inch) Pyrex pan, oven temperature (350°), baking time (45 minutes). Cook rice; add rest of ingredients to rice, drain mushrooms before adding. Bake in flat Pyrex dish. Add bread crumbs and slivered almond topping. Return to oven few minutes. Serves 8-10.

Janet Peterson

CALICO BEANS

1 can pinto beans, drained
1 can lima beans, drained
1 can butter beans, drained
1 (#2) can Van Camp pork & beans
1 can kidney beans
1/2 lb. hamburger
1/2 lb. bacon, sliced

1 onion, chopped
3/4 c. brown sugar
1 c. ketchup
2 tsp. vinegar
1 tsp. dry mustard
1 tsp. salt

Pan size (2 1/2-quart) casserole or bean pot same size, oven temperature (350°), do not cover, baking time (40 minutes). Brown hamburger, bacon, add chopped onion, brown till golden, then brown sugar, ketchup, vinegar, dry mustard and salt. Pour into baking dish or bean pot and heat thoroughly. Serves 8 to 10.

Nancy L. Vejvoda

TOMATO MAC AND CHEESE

10 oz. can tomato soup
1 c. water
1/4 c. margarine or butter
1 tsp. parsley
1 (7 1/4 oz.) pkg. macaroni and cheese

Cook macaroni according to package directions and drain. Add cheese, mix from package and remaining ingredients. Simmer 15-20 minutes. Serves 3-4.

Add meat for heartier dish.

Roger Hoy

CHILI RELLENOS CASSEROLE

(Green chilies stuffed with cheese baked in quiche-like mixture)

4 large eggs
1/2 c. all-purpose flour
1/3 c. milk
1/2 tsp. baking powder
10 canned green chilies (about 2 small cans, mild)
10 cubes Monterey Jack cheese, approx. 5 oz.
1 c. grated Cheddar and Jack cheese (mixed)
About 1 c. mild enchilada sauce

Beat eggs, flour, milk and baking powder in medium-sized bowl, until smooth. Stuff each chilie with cube cheese and place in bottom of 1 1/2-quart casserole. Pour egg mixture over children and sprinkle with grated cheese. Bake about 30 minutes in preheated 375° oven or until center is set, puffy and brown. Serve with warmed enchilada sauce.

Judy Bozman

COUNTRY CASSEROLE

1 1/2 lb. ground beef
1 (16 oz.) can tomato sauce
1 small can ripe olives, sliced
Salt, very little
1 lb. Velveeta, grated
1 small onion, chopped
1 c. cooked macaroni
Pepper

Pan size (2-quart) casserole, oven temperature (325°), baking time, 1 hour. Brown ground beef and drain. Set aside. Put tomato sauce in small pan, add grated cheese, heat over low, until cheese is melted. Put ground beef, onion, olives and macaroni into casserole; add tomato-cheese sauce and stir. Cook, covered or uncovered. Serves 4-6.

Sandy Washam

2X2X2

2 lb. hamburger
2 (10 oz.) pkg. tater tots
2 cans cream of celery soup

Pan size (large) casserole. Brown meat; drain. In a greased casserole dish, mix frozen tater tots, meat and soup. Bake at 350° till bubbly--about 45 minutes. Serves 6.

Karen Otto

"I DON'T KNOW CASSEROLE"

1 lb. hamburger
1 onion
1 can cream mushroom soup
1 pkg. dry onion soup
Sliced potatoes
Sliced carrots
Shredded cabbage
Chopped celery

Oven temperature (250°-300°). Brown hamburger and onion. Put all other ingredients in fry pan and cook over low heat til potatoes are done (may need to add water).

Sr. Judy Levosque

HAMBURGER PIE

1 lb. ground beef
1/2 c. chopped onion
1/2 tsp. salt
1 (16 oz.) can cut green beans, drained
1 (10 3/4 oz.) condensed tomato soup
5 hot, cooked, medium potatoes
1/2 c. warm milk
1 beaten egg
Dash of pepper
Dash of salt
1/2 c. shredded medium Cheddar cheese

Pan size (medium bowl), Cook meat and onion until lightly browned. Season with salt and pepper. Add drained beans and soup; pour into greased 1 1/2-quart casserole. Mash potatoes while hot; add milk and egg. Add salt and pepper. Spoon potatoes in mounds over casserole. Sprinkle potatoes with cheese. Bake in oven at 350° for 25-30 minutes. Serves 4-6.

Patricia Lorenz

ITALIAN BEEF PATTIES

1 1/2 lb. ground beef
1 tsp. salt
1 clove garlic, minced
16 oz. can tomato paste
1 egg
1/4 c. Parmesan cheese
1/4 c. dry bread crumbs
1 1/2 c. water
2 Tbsp. minced parsley
1 tsp. oregano
1/2 tsp. basil
1 c. shredded Mozzarella cheese
6 green pepper rings

Combine beef, salt, garlic, 3/4 of tomato paste, egg, bread crumbs, Parmesan cheese. Shape into 6 patties. Brown patties on both sides in skillet; drain excess fat. Combine remaining tomato paste with water, parsley, oregano and basil; pour on patties. Top with Mozzarella cheese and pepper rings. Simmer covered, 15 to 20 minutes. Serves 6.

Serve on noodles.

Syd Purdue

TACO CASSEROLE

1 lb. hamburger
1 chopped onion
1 envelope taco seasoning
Garlic or chili powder, if desired
1 (15 oz.) can tomato sauce
1 can refried beans
1 pkg. nacho-cheese chips
American or Velveeta cheese

Oven temperature (350°), baking time (30 minutes). Brown 1-pound hamburger and 1 chopped onion. Remove fat. Add 1 envelope taco seasoning and extra garlic and chili powder, if desired. Add 3/4 of (15-ounce) can tomato sauce. Simmer 15 minutes. Crush nacho-cheese chips to make a layer in 9x13-inch casserole. Spread hamburger on top. Cover with a layer of cheese slices. In the same skillet, heat together 1 can refried beans and the rest of tomato sauce. Spread over cheese. Add another layer of cheese and sprinkle with more crushed chips.

Karen Soper

LASAGNA

2 1/2 c. Ragu spaghetti sauce
3 c. water
8 oz. medium noodles
1 1/2 c. cottage cheese
1 tsp. salt
1/8 tsp. pepper
1 Tbsp. parsley flakes
1/2 tsp. oregano
1/8 tsp. garlic powder
1 slightly beaten egg
4 oz. Mozzarella cheese
2 Tbsp. grated Parmesan cheese

Pan size (9x11-inch), oven temperature (350°), baking time (30 minutes). Pour sauce and water into a large pot, bring to a boil. Stir in noodles, cover and cook 7 minutes. Stir occasionally until noodles are barely tender. Blend cheese with seasoning and egg. Alternate in pan. Alternate sauce and cheese mixture. Sprinkle with Parmesan cheese. Let stand 15 minutes before serving. Add extra cheese or meat as desired. Serves 6.

Fran Hampton

SPAGHETTI SAUCE

2 Tbsp. cooking oil
1 c. minced onion
1 clove garlic
1 lb. ground beef
1 (16 oz.) can tomatoes
1 (8 oz.) can tomato sauce
1 (6 oz.) can tomato paste
1/2 c. red wine
2 Tbsp. Worcestershire sauce
2 tsp. salt
1 tsp. seasoning salt
1 tsp. sugar
1 tsp. basil
1 tsp. oregano
Few drops Tabasco sauce

Heat oil. Brown onion and garlic till pale green. Stir in beef till brown; add rest of ingredients. Mix well. Cover and simmer until sauce is thickened. About 1 hour.

Diane Wahl

CRUSTY MEAT LOAF

1 1/2 lb. ground beef
1 egg
1/4 c. catsup
1/4 c. bread crumbs
1 Tbsp. onion powder
1 1/2 tsp. dry mustard
1 1/2 tsp. salt
1/2 tsp. pepper
3 hard-boiled eggs, shelled
1 c. grated Cheddar cheese
Pie crust for 2-crust pie

Oven temperature (400°). Mix first 8 ingredients. Put half meat mixture in 8 1/2 x 4 1/2-inch loaf pan. Place hard-cooked (whole) eggs down center. Cover with remaining meat; pat firmly. Bake 30 minutes. Remove from pan, cool. reduce oven to 375°. Make pie crust, add grated cheese; roll large enough to go around meat loaf. Place meat loaf in center of pie crust and wrap it up. Bake on cookie sheet for 35 minutes.

Mrs. J. C. Mayfield

MEAT LOAF WELLINGTON

2 eggs
1 can cream of mushroom soup
1 c. dry bread crumbs
1 Tbsp. mustard
3 lb. lean ground beef
2 Tbsp. instant minced onion
2 tsp. salt
2 tsp. Worcestershire sauce
2 Tbsp. catsup
1 can refrigerated crescent roll dough

Pan size (loaf pan), oven temperature (350°), baking time (1 1/2 hours). Combine all ingredients, except dough and press mixture into a loaf pan. Bake. Cool in pan for 5 minutes. Drain off fat and invert meat loaf onto a cookie sheet. Separate roll dough into 4 rectangles. Overlap slightly on a pastry cloth or floured board to form a large rectangle. Roll out to form a 10x15-inch rectangle. Drape over meat loaf, covering all visible sides. Trim excess dough; it can be used to make a braided design on top. Brush top and sides with slightly beaten egg white. Bake in a pre-heated 325° oven for 15 to 20 minutes or until golden brown. 6 to 8 servings.

Patti Fisk

JACKIE'S DELIGHT

1 1/2 - 2 lb. hamburger
1 c. fresh bread crumbs
1 medium onion, diced
1 1/2 tsp. salt
1/4 tsp. pepper
1/2 c. tomato sauce
Halved carrots, (any amount)
Quartered potatoes (any amount)

Tart-Sweet Sauce:

1/2 c. tomato sauce
1 1/2 c. water
1/2 c. catsup
1 tsp. vinegar
1 Tbsp. brown sugar
1 Tbsp. molasses
1/2 tsp. prepared mustard

Oven temperature (350°). Mix first 6 ingredients and pat into loaf. Place in covered roaster and bake 20 minutes. Drain accumulated grease and discard. Add carrots and potatoes to roaster and cover with Tart-Sweet Sauce. Cover roaster and bake for 1 1/2 hours.

Serve with a cabbage slaw.

Jackie Hieb

BAKED STEW

2 lb. stew meat
4 potatoes
4 carrots
4 celery sticks
1 pkg. dry onion soup mix
1 can mushroom soup, undiluted
Any other vegetable, except mushrooms
1 Tbsp. parsley, minced

Pan size (2-quart) casserole, oven temperature (225°), baking time, (5 to 6 hours). Mix all ingredients in casserole at once, place cover on casserole and bake as per instructions. Serves 6-8.

It will look very unappetizing when mixed, but is really delicious when finished

Sometimes when stew is left over, I put packaged biscuits on top to reheat.

Francine Ferguson

ORIENTAL BEEF & RICE

1 lb. beef (cut into cubes)*
1 onion, sliced thin
1 large carrot, sliced
4 green onions, chopped
2 Tbsp. soy sauce
1/2 tsp. minced garlic
2 Tbsp. sugar
2 Tbsp. cooking oil
2 Tbsp. sesame seeds
1/4 tsp. monosodium glutamate
1 c. fresh mushrooms

Mix all ingredients thoroughly and let stand in a covered dish for 2 hours. Fry on a greased skillet until meat is done (approximately 10 minutes). Serve over rice. Serves 3.

*Helpful hints or notes: Round steak.

Cheryl Alevizon

CHINESE PEPPER STEAK

1 lb. round steak
1/4 c. oil
1 clove garlic
1/2 c. coarsely chopped onion
2 c. bite-sized pieces green pepper
1 tsp. salt
1/4 tsp. pepper
1/4 tsp. ginger
1 Tbsp. cornstarch
1 c. stock or bouillon
1 Tbsp. soy sauce

Cut steak diagonally across grain into thin slices; cut into strips 2-inches long. Heat oil in skillet over medium heat; add garlic and remove after 3 minutes. Add meat and brown. Mix onion, green pepper, salt, pepper, and ginger. Cook over medium heat stirring constantly, for 3 minutes, until just tender. Blend cornstarch with stock and soy sauce. Stir into mixture in skillet. Bring to boil and cook, stirring constantly, until liquid is thickened. Serve over rice. Yield: 4 servings.

Shari Nagrodski

STEAK SUPREME (Chinese Style)

1/2-inch thick, 1 lb. steak
2 Tbsp. oyster sauce (available Chinese/Oriental stores)
2 Tbsp. soy sauce

Pan size (9x11-inch), oven temperature (grill 540°), baking time (10 minutes). Defrost and wash steak. Slash fat sides to prevent curling. Dab dry with wet towel. Marinate with soy sauce and oyster sauce 5 minutes to 30 minutes (longer marinating improves taste). Grill 5 minutes. Turn over and grill another 3 minutes or to desired doneness. Serves 2-4.

D. Puracal

ROUND STEAK BURGUNDY CASSEROLE

1 1/2 lb. round steak, cubed
2 cans or fresh mushrooms, sliced
1 pkg. Lipton's dry onion soup mix or Knorr oxtail soup mix
1 can golden mushroom soup
3/4 c. red wine
Flour and water to thicken gravy as needed

Mix all ingredients in a 2-quart casserole dish and bake covered in 300° oven for 2 hours. Serve over fluffy rice or buttered noodles.

Note: Meat is used fresh, there is no need to stir fry it.

Casserole may be prepared the day before. An excellent, fast and tasty dish.

Renate H. Lawrence

CHICKEN MARSALA

3 whole chicken breasts, split, skinned and boned
1 egg, beaten
1/4 c. milk
1/2 c. flour
1 1/2 tsp. salt
1/4 tsp. pepper
3 Tbsp. olive oil
3 Tbsp. butter
1 small green pepper, cut in thin strips
1 small onion, chopped
1/2 lb. fresh mushrooms, sliced
1 clove garlic, mashed
1 c. Marsala wine
1 envelope instant chicken broth
1 lemon, cut into 6 thin slices

Flatten chicken pieces between sheets of waxed paper with rolling pin or wooden mallet (pieces should be 1/4-inch thick). Combine egg and milk in shallow dish. Combine flour, salt and pepper on waxed paper. Dip chicken pieces into egg mixture, then into flour mixture to coat all sides. Refrigerate 2 hours and proceed to next step. Heat oil and butter in large skillet. Brown chicken on both sides. Remove to plates; add wine and chicken broth to pan; boil,

uncovered, 10 minutes. Return chicken and vegetables to pan, heat thoroughly. Arrange on serving platter. Top chicken pieces with lemon slices.

Serve with buttered noodles, tossed green salad.

Charlene Spehar

CHICKEN SUPREME

2 lb. frying chicken, cut up
1/2 c. flour
1/3 lb. butter or margarine
Small can button mushrooms
2 ripe tomatoes, peeled and cut
2 small green onions
1 tsp. paprika
Dash each garlic and onion salt
2 Tbsp. butter
2 Tbsp. flour
1 c. milk
1 tsp. curry
1/4 tsp. salt
1/4 c. lemon juice
2 Tbsp. mint sauce or dry mint
Parmesan cheese

Pan size (9x12-inch), oven temperature (350°), baking time (13 minutes), total time, (40 minutes). Shake chicken parts in sack with flour seasoned with salt and pepper. Melt butter in skillet and brown chicken on both sides. Sprinkle paprika, onion and garlic salt over chicken; add lemon and mint juices and curry. Add liquid from can of mushrooms. Cook slowly on top of stove for 25 minutes. Add canned mushrooms.

Meanwhile, in a saucepan, melt 1 tablespoon of butter, add tomatoes and saute. Add chopped green onion, when slightly brown; add flour stirring constantly and add milk to make thick sauce. Pour over chicken and transfer to metal baking dish, sprinkle with cheese and bake 10 or 15 minutes. Before serving, place under broiler for 3 minutes. Serves 4-6.

When possible, use fresh mushrooms, saute in butter and wine (white) to make up liquid; add while cooking chicken.

Mrs. Harry L. Curtis

TERIYAKI CHICKEN

1/2 c. soy sauce
1 clove garlic, crushed
1/3 tsp. powdered ginger
1/4 c. white wine
3 Tbsp. brown sugar
1 medium fryer, cut up

Combine sauce, garlic, white wine, brown sugar, ginger in a large skillet. Bring to a boil, then reduce heat to medium. Add chicken pieces and cook uncovered for 1/2 hour; cover and cook 1/2 hour longer.

Serve with steamed rice and sauce from pan.

Sandy Washam

SESAME CHICKEN

3 to 4 lb. chicken breasts or thighs
1/4 c. sesame seeds
3 Tbsp. salad oil
1/4 c. soy sauce
2 Tbsp. brown sugar
1 1/2 tsp. minced fresh ginger or 3/4 tsp. ground ginger
1/4 tsp. pepper
2 cloves garlic, minced or pressed
4 whole green onions, thinly sliced

Baking time (15-20 minutes). Remove skin and bones from chicken. Cut in about 1-inch chunks. In a large frying pan, combine sesame seed and oil; cook over medium-low heat, stirring occasionally, just until seeds are golden, about 2 minutes. Let cool. Stir in soy sauce, sugar, ginger, pepper, garlic and half of the green onions. Mix in chicken. Cover and chill 1 to 4 hours. Arrange meat with all of the marinade in a single layer in a 10x15-inch baking pan. Broil about 6 inches from the heat, until golden, about 10 minutes. Turn pieces over and continue cooking until chicken is no longer pink when slashed, about 5 minutes longer. Garnish with remaining green onions. Makes 4 to 6 servings.

Nancy L. Vejvoda

ORIENTAL CHICKEN

2 Tbsp. butter or margarine
1 lb. skinless and boneless chicken breasts, cut into strips
1 c. sliced celery
1 bunch scallions, trimmed and sliced
1 (6 oz.) can sliced mushrooms, drained
1 (8 oz.) can water chestnuts, drained and cut into slices
1 (4 oz.) jar pimento, drained and diced
1 (10 3/4 oz.) can condensed golden mushroom soup
1 Tbsp. aromatic bitters
2 Tbsp. soy sauce

Baking time (25 minutes). In large skillet or wok, heat butter and brown chicken. Add remaining ingredients and simmer for 15 minutes, stirring occasionally. Serve spooned over rice, topped with crisp noodles, if desired. Serves 4.

Claudia Adkins

BREAST OF CHICKEN SAUTE

1/8 c. flour
Salt and pepper
3 small chicken breasts, cut in halves
1/2 cube butter or margarine
1 Tbsp. finely chopped onion
1/2 c. dry white wine
1/2 c. fresh mushrooms, chopped
1/3 c. light cream

Season flour with salt and pepper. Dredge chicken in seasoned flour and saute in butter until lightly browned. Add onions and cook until onions are tender, but not browned. Add wine and mushrooms. Cover and cook gently, about 25 to 30 minutes or until breasts are done. Remove breasts to platter. Stir cream into mushroom mixture and reheat. Pour sauce over chicken.

Diane Wahl

SECO DE GALLINA

1 chicken, cut in parts
1 large bottle beer
2 large red onions, sliced
2 tomatoes, quartered
2 green peppers, sliced
1/8 tsp. or more cayenne pepper
1/4 tsp. or more coriander
1/4 tsp. or more garlic powder
Salt
Pepper

Pan size (large fry pan). Fry chicken in shortening until golden brown. Add the onions. When brown, add tomatoes and the seasonings. Pour in the beer and simmer for 45 minutes or so. Add green pepper and cook another 15 minutes or until chicken is tender.

Serve over noodles or rice.

Kim Vance

J. K. SPECIAL

1 chicken
1 green pepper
1 onion
1 (12 oz.) can of tomato sauce
1 can of Coca-Cola
1 clove of garlic
1 (12 oz.) can of pineapple

Pan size (medium). Cut chicken in small pieces, place in pan. Pour tomato sauce and cola over chicken. Cut green pepper, olives and garlic, add to chicken. Sprinkle salt and pepper or Season-All to taste. Bring to boil, turn heat down and simmer until chicken is tender. Add pineapple and approximately half of the juice. Bring to boil again. If sauce is too thick, add more juice or cola. Serve over rice. Serves 4.

State to finish, about 45 minutes. Great with tossed green salad, French bread and red wine.

Jaci Kant

TEXAS CHICKEN

1 c. regular raw rice
1 can cream of chicken soup
1 pkg. Lipton's dry onion soup
2 c. cold water
1 can mushrooms, drained
1 chicken fryer or parts

Pan size (9x13-inch) Pyrex, oven temperature (350°), baking time (1 1/2 - 2 hours). Mix all ingredients except chicken and put in baking dish. Dip chicken pieces in melted butter and place buttered side up over rice mixture. Sprinkle lightly with salt, pepper and paprika. Bake uncovered. Serves 6.

Janet Peterson

FESTIVE CHICKEN WITH ASPARAGUS

3 medium-whole chicken breasts, halved
2 Tbsp. all-purpose flour
3 Tbsp. salad oil
1/4 c. Blue cheese, crumbled (1 oz.)
1/4 c. dry white wine
1 (10 oz.) can condensed cream of chicken soup
1/2 tsp. salt
1/4 tsp. pepper
1 lb. asparagus

Baking time (begin 1 1/2 hours ahead). Coat chicken breasts with flour. Preheat oven 375°F. In 12-inch skillet over medium-high heat, in hot salad oil, cook chicken pieces until lightly browned on all sides.

Meanwhile, in shallow 3-quart casserole, mix well; Blue cheese, wine, undiluted cream of chicken soup, salt and pepper. Arrange chicken in soup mixture and spoon some mixture over chicken to coat it. Bake in oven 30 minutes.

Meanwhile, prepare asparagus. Break off and discard tough ends, trim scales if necessary. Cut each asparagus spear crosswise in half. Rinse in cold water. Drain. Remove casserole from oven. Arrange asparagus between chicken pieces. Cover casserole tightly and bake 30 minutes or till chicken is fork tender and asparagus tender-crisp. Serves 6.

Joyce Heggem

CASHEW CHICKEN

1 (5 oz.) can chow mein noodles
3/4 c. chopped celery
1 can cream of mushroom soup
3/4 c. chicken broth
2 c. diced, cooked chicken
1/2 c. chopped green onions
1 c. cashew nuts

Boil chicken and save broth. Set aside 1/2 cup crisp noodles. Combine remaining ingredients and place in a greased casserole (2-quart). Sprinkle reserved noodles over top. Bake 325° for 30 minutes.

This is excellent with chopped or slivered almonds as well.

Jane Burster

CHICKEN WINGS

10-12 chicken wings
1 beaten egg
1/2 c. cornstarch
1/4 c. chicken broth
3/4 c. sugar
1/2 c. cider vinegar
1 tsp. garlic salt
1/4 c. ketchup
1 Tbsp. soy sauce
1 tsp. salt
1/2 tsp. MSG

Pan size (8x10-inch), oven temperature (350°), baking time (1 hour). Cut wing tips off (not for use). Dip remaining wing in egg, then in cornstarch (combined with garlic salt) and place in baking dish. Mix other ingredients and pour over wings. Marinate 1 hour or overnight in refrigerator. Turn several times while baking.

Syd Purdue

SPANISH CHICKEN

4 cooked chicken breasts
1 (10 oz.) cream of chicken soup
1 (10 oz.) cream of mushroom soup
1 c. milk
2 (6 oz.) cans green chile salsa
1 medium onion, grated
1 lb. shredded Cheddar cheese
12 corn tortillas

Pan size, approximately (9x12x2-inch). Bake chicken, seasoned to taste at 350°, 1 1/4 hours, covered with foil. Cool and bone, then cut into 1 - 1 1/2-inch pieces. Mix soup, milk, onion and salsa. Grease casserole dish and add 3 tablespoons chicken broth. Cover bottom of dish with 1/2 of the tortillas, layer 1/2 of the chicken and 1/2 of sauce; repeat the layer process. Top with cheese. Refrigerate for 24 hours, then bake. Serves 4.

This will freeze well, but thaw completely before baking.

J. Bozman

CHICKEN SOUFFLE

3 c. cooked, diced chicken
10 slices diced fresh white bread with crusts removed
1 c. diced celery
2 Tbsp. chopped onion
1 can soup (mushroom, cream of chicken or celery)
1/2 c. mayonnaise
1 1/2 c. condensed milk (one tall can)
4 eggs
1 1/2 c. chicken broth
3/4 c. sharp shredded cheese
Add salt as preferred

Pan size (2-quart). Beat eggs, add chicken broth and milk. Combine bread, chicken, celery, mayonnaise and onion. Add to liquid mixture. Place in buttered pan and chill overnight. Place in 350° oven for 20 minutes and spread one can of mushroom, chicken or celery soup over top, add 3/4 cup of sharp cheese, shredded and bake for another 20 minutes. Serves 6-8.

Arlene Brechbiel

OVEN-BAKED TURKEY LEGS

4-6 turkey legs (about 1 1/4 lb. each)
1 c. water
1 clove garlic, minced or pressed
1 1/2 tsp. Chinese five spice powder
1/4 c. soy sauce
1/2 c. thinly sliced green onion
1/4 c. cornstarch
1/4 c. water

Place turkey legs in large roasting pan. Stir together; 1 cup water, soy sauce, onion, garlic and five spice powder. Pour over legs, cover and chill; marinate 4 hours or overnite. Turn several times. Bake, covered in 350° oven, 1 1/2 hours. Turn legs over about halfway through baking time. Uncover and bake about 45 minutes longer, turning several times or until meat is very tender. Remove legs from pan and arrange on serving dish. Skim fat from pan juices; pour juices into saucepan. Stir together the cornstarch and 1/4 cup water, then add to pan juices and cook, stirring over medium-high heat until sauce boils and thickens. Pass sauce at the table. Serves 4-6.

Lilliam Harlow

SWEET POTATO-TURKEY PIE

3 Tbsp. butter or margarine, melted
1/8 tsp. ground nutmeg
1/8 tsp. ground allspice
1 (17 oz.) can sweet potatoes, drained and mashed
1/2 c. chopped onion
2 c. diced cooked turkey
1 (10 3/4 oz.) can condensed cream of mushroom soup
1 (8 oz.) can whole kernel corn, drained
1 (8 oz.) can peas, drained
1 small tomato, peeled and diced

Beat 2 tablespoons of the butter, spices and 1/4 teaspoon salt into potatoes. Line a 9-inch pie plate with potato mixture, building up edges 1/2 inch. Cook onion in remaining 1 tablespoon butter till almost ender. Stir in turkey, soup, corn, peas, tomato and 1/4 teaspoon salt. Spoon into potato shell. Bake in 350° oven for 35 minutes. Trim with tomato and parsley, if desired. Makes 6 servings.

Rena G. Olsen

Breads, Rolls, Pastries

EQUIVALENT CHART

3 tsp.	1 tbsp.
2 tbsp.	1/8 c.
4 tbsp.	1/4 c.
8 tbsp.	1/2 c.
16 tbsp.	1 c.
5 tbsp. + 1 tsp.	1/3 c.
12 tbsp.	3/4 c.
4 oz.	1/2 c.
8 oz.	1 c.
16 oz.	1 lb.
1 oz.	2 tbsp. fat or liquid
2 c.	1 pt.
3½ c. unsifted whole wheat flour	1 lb.
8 to 10 egg whites	1 c.
12 to 14 egg yolks	1 c.
1 c. unwhipped cream	2 c. whipped
1 lb. shredded American cheese	4 c.
¼ lb. crumbled blue cheese	1 c.
1 lemon	3 tbsp. juice
1 orange	1/3 c. juice
1 lb. unshelled walnuts	1½ to 1¾ c. shelled
2 pt.	1 qt.
1 qt.	4 c.
5/8 c.	1/2 c. + 2 tbsp.
7/8 c.	3/4 c. + 2 tbsp.
1 jigger	1 1/2 fl. oz. (3 tbsp.)
2 c. fat	1 lb.
1 lb. butter	2 c. or 4 sticks
2 c. sugar	1 lb.
2 2/3 c. powdered sugar	1 lb.
2 2/3 c. brown sugar	1 lb.
4 c. sifted flour	1 lb.
4½ c. cake flour	1 lb.
4 oz. (1 to 1¼ c.) uncooked macaroni	2¼ c. cooked
7 oz. spaghetti	4 c. cooked
4 oz. (1½ to 2 c.) uncooked noodles	2 c. cooked
28 saltine crackers	1 c. crumbs
4 slices bread	1 c. crumbs
14 square graham crackers	1 c. crumbs
22 vanilla wafers	1 c. crumbs

SUBSTITUTIONS FOR A MISSING INGREDIENT

1 square **chocolate** (1 ounce) = 3 or 4 tablespoons cocoa plus ½ tablespoon fat.
1 tablespoon **cornstarch** (for thickening) = 2 tablespoons flour.
1 cup sifted **all-purpose flour** = 1 cup plus 2 tablespoons sifted cake flour
1 cup sifted **cake flour** = 1 cup minus 2 tablespoons sifted all-purpose flour
1 teaspoon **baking powder** = ¼ teaspoon baking soda plus ½ teaspoon cream of tartar.
1 cup **sour milk** = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred; or 1 cup buttermilk (let stand for 5 minutes).
1 cup **sweet milk** = 1 cup sour milk or buttermilk plus ½ teaspoon baking soda.
¾ cup **cracker crumbs** = 1 cup bread crumbs.
1 cup **cream, sour, heavy** = 1/3 cup butter and 2/3 cups milk in any sour milk recipe
1 teaspoon **dried herbs** = 1 tablespoon fresh herbs.
½ cup **evaporated milk** and ½ cup **water** or 1 cup **reconstituted nonfat dry milk** and 1 tablespoon **butter** = 1 cup whole milk.
1 package **active dry yeast** = 1 cake compressed yeast.
1 tablespoon **instant minced onion, rehydrated** = 1 small fresh onion.
1 tablespoon **prepared mustard** = 1 teaspoon dry mustard.
1/8 teaspoon **garlic powder** = 1 small pressed clove of garlic.
1 lb. **whole dates** = 1½ c. pitted and cut.
3 medium **bananas** = 1 c. mashed
3 c. **dry corn flakes** = 1 c. crushed
10 **miniature marshmallows** = 1 large marshmallow

GENERAL OVEN CHART

Very slow oven	250° to 300° F.
Slow oven	300° to 325° F.
Moderate oven	325° to 375° F.
Medium hot oven	375° to 400° F.
Hot oven	400° to 450° F.
Very hot oven	450° to 500° F.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size	Average Contents
8-oz.	1 cup
picnic	1¼ cups
No. 300	1¾ cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2½ cups
No. 2½	3½ cups
No. 3	4 cups
No. 10	12 to 13 cups

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CHEESE BREAD

1 c. real mayonnaise
1 c. sharp Cheddar cheese, grated
Garlic powder to taste
1 loaf of split French bread

Mix first three together and put on loaf of French bread. Broil until cheese melts.

Virginia Baisch

FRENCH BREAD

1 pkg. dry yeast
2 tsp. salt
2 Tbsp. sugar (or honey)
5 3/4 c. flour
2 c. warm water

Dissolve yeast and sugar in warm water. When bubbly, add flour and salt. Stir after about the 3rd cup of flour added. Form stiff dough, turn out on floured surface. Knead for 10 minutes. Let rise 30 minutes. Divide dough into 3 parts, form long loaves (or round or whatever shape you prefer). Cut diagonal slits in tops of loaves (3 or 4 slits, just for design). Sprinkle a little cornmeal in your baking sheet, if you like a crunchy bottom. Put loaves in the cookie sheet. Let rest 20 minutes. Put in oven at 375° for 35-40 minutes. Remove from oven, brush tops with egg white. Sprinkle with sesame seeds, if you prefer. Return to oven for about 3-4 more minutes. Makes 3 loaves.

Rani Reeder

TRAIL BREAD

2 c. wheat flour
2 c. quick oatmeal
1 c. wheat germ
1/2 c. brown sugar
1/2 c. shortening
1 tsp. salt
1 tsp. soda in a cup of boiling water

Mix dry ingredients and shortening. Add water and

soda; mix thoroughly. Roll out as thin as desired; cut into preferred shapes. Bake at 350° for 8-10 minutes.

Excellent for camping or hiking. Good with cheese, peanut butter, honey or whatever.

Sandy Haughton

ZUCCHINI PISTACHIO BREAD

3 eggs
1 c. sugar
1 scant c. oil
1 tsp. vanilla
1 pkg. pistachio instant pudding
2 c. grated, peeled zucchini, seeds removed
3 c. flour
1 tsp. baking soda
1/4 tsp. baking powder
1 tsp. salt
1 c. chopped nuts

Beat eggs until frothy and light. Add sugar, oil, vanilla and pudding; mix well. Add flour that has been sifted with salt, soda and baking soda; mix. Add grated zucchini and nuts; mix well. Put into 2 greased and floured loaf pans. Bake 1 hour at 350° or until toothpick comes clean. Makes 2 loaves.

Martha Scudder

BANANA NUT BREAD

1/2 c. butter
1 c. sugar
2 eggs
3 crushed bananas
2 c. flour
1 tsp. soda
1/4 c. nutmeats

Oven temperature (350°), baking time (1 hour). Crush bananas and whip with egg beater until very light. Cream butter and sugar. Add eggs, then flour, soda and nuts. Add bananas. Turn into a well-greased bread pan.

Bonnie L. Stickney

SWEET BANANA BREAD

5 1/2 - 6 c. flour
2 pkg. yeast
3/4 c. milk
1/2 c. sugar
1 tsp. salt
1/2 c. margarine
2 ripe bananas (1 cup)
2 eggs (save white for glaze)

Oven temperature (400°), baking time (30 minutes). Mix flour and yeast. Warm milk, sugar, margarine and salt till margarine is melted. Add flour to mixture. Add bananas and eggs, beat at low for 1/2 minute. Beat at high speed for 3 minutes. Knead by hand. Place in greased loaf pans. Makes 2 loaves.

Sr. Judy Levosgve

DADDY'S CORNMEAL BREAD

1/4 lb. butter
2 eggs
1/2 tsp. soda
1 c. unsifted flour
2/3 c. sugar
1 c. buttermilk
1 c. cornmeal
1/2 tsp. salt

Melt the butter in a large pan. Remove it from the heat and stir in the sugar. Add the eggs and beat until well blended. Combine the buttermilk and soda and stir into the mixture in the pan. Add the cornmeal, flour and salt and stir just until well blended. Pour into a buttered 8-inch square baking pan. Bake in a moderately hot oven at 375° about 30 minutes.

This is not a run of the mill cornbread, after trying, will become a favorite. Nice and moist.

Nancy L. Vejvoda

COR-N-CORN MUFFINS

1 pkg. corn muffin mix
1/4 - 8 oz. pkg. sharp American cheese, shredded (1/2 cup)
1 (8 3/4 oz.) can creamed corn (about 1 cup)
Dash hot pepper sauce
1 beaten egg

Combine all ingredients in large bowl. Stir until blended. Fill large greased muffin tins 2/3 full. Bake in hot oven at 425°, 12-15 minutes or until brown. Makes 10-12 large muffins.

Good with pork roast or spare ribs.

Lillian Harlow

BEER MUFFINS

4 c. Bisquick
2 Tbsp. sugar
1 (12 oz.) can beer

Pan size (12 large size) muffin pan. Oven temperature (350°). Mix all ingredients well, proportions are perfect for muffin batter, so don't try to mix a half recipe. It makes 12 giant muffins or 18 small if you have enough muffin pans. Grease muffin pans very generously and put in oven to get sizzling hot before spooning in the batter. Bake until light brown, 20-25 minutes. Serves 12.

Renate H. Lawrence

CROWN ROLL

1 c. milk
1/2 c. shortening
1/2 c. sugar
1 tsp. salt
2 pkg. yeast (dissolved in 1/4 c. water)
2 eggs
4 1/2 c. sifted flour

Coating mixture:

1 cube butter, melted
3/4 c. sugar
1 tsp. cinnamon
1/2 c. chopped nuts
1/2 c. raisins

Scald milk, add shortening, sugar and salt. Cool about 20 minutes. Then stir in the yeast that has been dissolved in tepid water. Next add eggs and flour; mixing well. Let dough rise until double, about 2 hours. Punch

down. Let rise again for 10 minutes. Mix sugar, cinnamon, walnuts and raisins. Melt butter, pinch off dough, dip in butter, then in sugar mixture. Put in well-greased angel food cake pan, do not crowd. Let rise about 45 minutes. Bake at 350° for 45 minutes.

Candied cherries may be added. You can drizzle a thin powdered sugar, butter and water syrup over rolls.

Syd Purdue

DANISH PASTRY

1 cube margarine
1 c. flour
1 pinch of salt
1 c. boiling water
3 eggs

Icing: powdered sugar, butter. Oven temperature (350°). Add water to margarine. Add flour and beat good by hand. Add slowly; beat until creamy. Spread on pizza pan. Top with creamed topping and bake 1 hour.

Easy and simple, but oh so good.

Martha Scudder

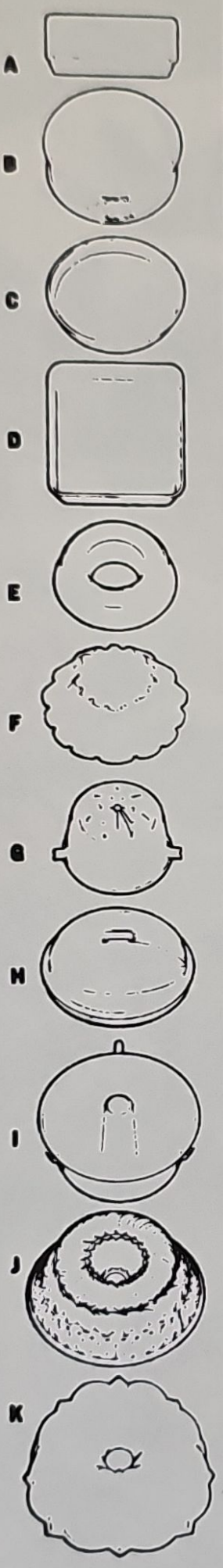
** NOTES **

** NOTES **

Cakes, Cookies, Desserts

HANDY CHART OF KITCHEN MATH
(Size of Pans and Baking Dishes)

Cooking need never become a crisis, when you use our handy charts. Need a 4 or 6-cup baking dish? Will your fancy mold be the right size for the recipe? See below for the answers.



COMMON KITCHEN PANS TO USE AS CASSEROLES WHEN THE RECIPE CALLS FOR:

4-cup baking dish:
- 9-inch pie plate
- 8x1¼-inch layer cake pan—**C**
- 7 3/8 x 3 5/8 x 2¼-inch loaf pan—**A**

6-cup baking dish:
- 8 or 9x1½-inch layer cake pan—**C**
- 10-inch pie plate
- 8½ x 3 5/8 x 2 5/8 inch loaf pan—**A**

8-cup baking dish:
- 8x8x2-inch square pan—**D**
- 11x7x1½-inch baking pan
- 9x5x3-inch loaf pan—**A**

10-cup baking dish:
- 9x9x2-inch square pan—**D**
- 11¾x7½x1¾-inch baking pan
- 15x10x1-inch jelly-roll pan

12-cup baking dish and over:

13½x8½x2-inch glass baking pan	12 cups
13x9x2-inch metal baking pan	15 cups
14x10½x2½-inch roasting pan	19 cups

TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

Tube Pans:	
7½x3-inch "Bundt" tube pan—**K**	6 cups
9x3½-inch fancy tube or "Bundt" pan **J** or **K**	9 cups
9x3½-inch angel cake pan—**I**	12 cups
10x3¾-inch "Bundt" or "Crownburst" pan—**K**	12 cups
9x3½-inch fancy tube mold—**J**	12 cups
10x4-inch fancy tube mold (Kugelhupf)—**J**	16 cups
10x4-inch angel cake pan—**I**	18 cups
Melon Mold:	
7x5½x4-inch mold—**H**	6 cups
Spring-Form Pans:	
8x3-inch pan—**B**	12 cups
9x3-inch pan—**B**	16 cups
Ring Molds:	
8½x2¼-inch mold—**E**	4½ cups
9¼x2¾-inch mold—**E**	8 cups
Charlotte Mold:	
6x4¼-inch mold—**G**	7½ cups
Brioche Pan:	
9½x3¼-inch pan—**F**	8 cups

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CHEESE CAKES

2 (8 oz.) pkg. cream cheese
1 egg
Vanilla wafers
3/4 c. sugar
1 tsp. vanilla
Muffin cup papers

Oven temperature (350°), baking time 15 minutes. Blend all ingredients together with a mixer in a large bowl. Blend until smooth. Place muffin papers in each hole of muffin tin and put a vanilla wafer in each cup. Pour batter about 2/3 full. Bake, then cool. These freeze well. Before serving top with fruit filling or jam. Serves 15-18.

Judy Bozman

FROZEN MOCHA CHEESECAKE

1 1/4 c. chocolate wafer cookie crumbs (about 24 cookies)
1/4 c. sugar
1/4 c. margarine or butter, melted
1 (8 oz.) pkg. cream cheese, softened
1 (14 oz.) can sweetened condensed milk
2/3 c. chocolate flavored syrup
2 Tbsp. instant coffee
1 tsp. hot water
1 c. (1/2 pt.) whipping cream, whipped

In small bowl, combine crumbs, sugar and margarine. In buttered 9-inch springform pan or 13x9-inch baking dish, pat crumbs firmly on bottom and up sides of pan. Chill. In large mixer bowl, beat cheese until fluffy; add condensed milk and chocolate syrup. In small bowl, dissolve coffee in water, add to milk mixture. Mix well. Fold in whipped cream. Pour into prepared pan. Cover, freeze 6 hours or until firm. Garnish with additional crumbs, if desired. Return leftovers to freezer. Serves 12-15.

Joyce Heggem

CHOCOLATE CREAM CAKE

1/4 c. butter
1/4 c. shortening
2 c. sugar
1 tsp. vanilla
2 eggs
3/4 c. Hershey's cocoa
1 3/4 c. unsifted all-purpose flour
3/4 tsp. baking powder
3/4 tsp. baking soda
1/8 tsp. salt
1 3/4 c. milk

Filling:

2 c. heavy cream, whipped
Any fruit pie filling of your choice (1 large tin)

Generously grease and flour two 9-inch round cake pans. Cream butter, shortening, sugar and vanilla until fluffy. Blend in eggs. Combine cocoa, flour, baking powder, baking soda and salt in bowl; add alternately with milk to batter. Blend well. Pour into pans; bake at 350°F. for 30 to 35 minutes or until cake tester inserted in center comes out clean. Cool 10 minutes. Remove from pans, slice each layer crosswise into two layers, making a total of 4 layers. Place one cake layer on a large round cake plate. Spread with whipped cream. Add second layer. Spread with whipped cream and fruit filling. Add third layer. Spread with whipped cream. Add fourth layer. Spread generously with remaining cream. Top with remaining fruit filling and allow to fall over sides of cake. Serves 12 to 14.

Margaret Purdy

BLACK FOREST CHERRY TORTE

Torte:

2 c. cake flour
2 tsp. baking powder
6 eggs
1 1/2 c. sugar
4 tsp. lemon juice
3/4 c. hot milk

Cherry Filling:

1 (1 lb. 4 oz.) can tart red cherries in heavy syrup
2 Tbsp. arrowroot or cornstarch
8-10 drops red food coloring

Chocolate Filling:

1 bar German's sweet chocolate
1 c. heavy cream, whipped

Kirsch Creme:

Pinch of salt
2 c. heavy cream, whipped
3 Tbsp. Kirschwasser

Pan size: 3 (9-inch) round. Sift flour and baking powder together 3 times. Beat eggs until light and thickened (about 10 minutes). Gradually add sugar to eggs, beating constantly. Add lemon juice. Fold in flour a little at a time. Add the hot milk, mixing quickly until batter is smooth. Lightly grease and flour 3 (9-inch) round cake pans, preferably pans with removable bottoms. Divide the batter evenly between the 3 pans. Preheat oven to 350°F.; bake cake layers for 20 to 25 minutes or until tester comes out clean. Remove from oven and invert pans until cake is cool. Remove from pans and slice each layer crosswise into 2 layers, making a total of six layers.

Cherry Filling: Combine in saucepan, cook, stirring constantly over medium heat until smooth, thick and clear. Remove from heat; cool.

Chocolate Filling: Melt chocolate over hot water; cool to room temperature. Fold into the whipped cream. Chill 15 to 20 minutes.

Kirschcreme (Kirsch-flavored whipped cream). Add salt to cream as you beat it. When cream stands in peaks, fold in the Kirschwasser.

Building the torte: Place one cake layer on a large, round cake plate. Spread with half the Chocolate Filling. Add second layer, spread with scant cup of the whipped cream. Add the third layer; spread with remaining Chocolate Filling. Add the fourth layer; spread this with another scant cup of whipped cream. Over the fifth layer, spread the Cherry Filling. Top with sixth layer. Spread remaining whipped cream over top and sides of torte. Garnish with maraschino cherries and shaved curls of German's sweet chocolate. Refrigerate at least an hour before serving. Serves 12 to 14.

Margaret Purdy

COCOA APPLE CAKE

3 eggs
2 c. sugar
2 sticks margarine
1/2 c. water
2 1/2 c. flour
3 Tbsp. cocoa
1 tsp. baking soda
1 tsp. cinnamon
1 tsp. allspice
1 c. chopped walnuts
3/4 c. semisweet chocolate chips
2 c. grated apples
1 Tbsp. vanilla

Cream together eggs, sugar, margarine and water until fluffy. Add flour, cocoa, baking soda, cinnamon and allspice. Mix well. Fold in walnuts, chocolate chips, apples and vanilla. Mix well until distributed evenly. Spoon into greased, floured 10-inch loose-bottom tube pan. Bake in 325° oven 60-70 minutes until cake tests done. Serves 10-12.

Loosen edges with knife, but don't take out of pan until cold, it will fall apart if warm.

Georgette Medley

FRESH APPLE CAKE

4 c. diced raw apples
2 c. sugar
1/2 c. oil
2 eggs, well beaten
2 tsp. vanilla
2 c. flour
2 tsp. soda
1/2 tsp. salt
1 tsp. cinnamon
1/4 tsp. cloves
1/4 tsp. nutmeg
1 c. raisins
1 c. nuts

Pan size (9x13-inch), oven temperature (350°), baking time (50 minutes). Mix apples and sugar in a large bowl. Beat oil, eggs and vanilla and add to apples. Sift all dry ingredients and add to above mixture; add nuts and raisins. Serves 12-15.

Can frost with Cream Cheese Frosting if desired.

Sue Hanson

CARAMEL APPLE CAKE

2 c. all-purpose flour
2 tsp. soda
1 tsp. ground cinnamon
1/4 tsp. salt
1/2 c. (1/4 lb.) butter or margarine
2 c. sugar
2 eggs
2 tsp. vanilla
4 c. peeled, cored and finely chopped tart apples (such as Newton Pippins or Granny Smith)
1 c. chopped wlanuts
Caramel Frosting (recipe follows)
Vanilla ice cream (optional)

In a small bowl, stir together flour, soda, cinnamon and salt; set aside. With an electric mixer, in a large bowl, beat butter and sugar together until creamy. Mix in eggs, one at a time, beating well after each addition. Mix in the vanilla. Add flour mixture, then stir in apples and nuts. Spoon batter into a greased and floured 9x13-inch baking pan. Bake in a 350° oven until a wooden pick inserted in center comes out clean, 45 to 50 minutes. Let cool in pan. Spread frosting over top of cooled cake. Cut into squares. Top individual servings with ice cream, if desired. Serves 10 to 12.

Caramel Frosting: In a 2 to 3-quart pan, melt 1/2 cup butter or margarine over medium-high heat; stir in 1/2 cup whipping cream and 1 cup sugar. Bring to boil until mixture reaches 234° on a candy thermometer (or until a little of the syrup dropped into cold water forms a very soft ball.) Remove from heat, add 15 caramels (cut into pieces), and stir until caramels are melted. Let cool 20 minutes, then beat with a heavy spoon until the frosting is of spreading consistency, about 2 minutes.

Betty Gleb

CARROT CAKE

2 c. unsifted flour
1 tsp. brown sugar
1 1/2 tsp. baking soda
2 tsp. cinnamon
1 tsp. salt
2 c. sugar
1 1/4 c. oil
4 eggs
2 c. grated carrots
8 1/2 oz. crushed and drained pineapple
1/2 c. chopped nuts

Frosting:

1/2 c. butter
8 oz. cream cheese
1 tsp. vanilla
3/4 - 1 lb. powdered sugar

Pan size (9x13-inch). Mix in order given, pour into greased and floured pan (may use Pam spray too!) Bake at 325°-350°, 40-45 minutes, till pulls away from edges and lightly springs back in center. Allow to cool, then frost.

Frosting: Cream butter and cream cheese. Add vanilla and powdered sugar till desired taste and consistency. There is usually extra frosting--good if sandwiched between graham crackers!

Denise Gruchalla

CARROT CAKE

2 c. sugar
2/3 c. Wesson oil
4 eggs
2 c. flour
2 tsp. soda
2 tsp. baking powder
2 tsp. cinnamon
1/4 tsp. salt
3 c. grated carrots
1 1/2 c. chopped nuts
1 c. raisins

Pan size (9x13x2-inches), oven temperature (350°), baking time (40 minutes). Mix sugar, oil and eggs together in a bowl. In another bowl, sift flour and all dry ingredients together. Then add flour mixture to sugar, oil and eggs. Lastly, add carrots, nuts and raisins.

Frosting:

1 pkg. powdered sugar
1 stick margarine
1 tsp. vanilla
1 (8 oz.) pkg. cream cheese

Mix well together and frost cake. Store cake in refrigerator because of cream cheese. Serves 12, 14, 16, 18.

Francine Ferguson

OATMEAL CAKE

1 1/2 c. water
1 c. quick-cooking oatmeal
1/2 c. shortening
1 c. white sugar
1 c. brown sugar
2 eggs
1 1/2 c. flour
1 tsp. soda
1 tsp. cinnamon
A pinch of salt
5 tsp. butter
1/2 c. brown sugar
1/2 c. canned milk
3/4 c. coconut
3/4 c. chopped nuts

Pan size (9x13-inch), oven temperature (350°), baking time (45 minutes). Pour 1 1/2 cups boiling water over 1 cup quick-cooking oatmeal, let stand until cool. Cream 1/2 cup shortening, 1 cup white sugar, 1 cup brown sugar. Then; 2 beaten eggs, add oatmeal and 1 1/2 cup flour with 1 teaspoon soda, 1 teaspoon cinnamon and a pinch of salt. Stir well. Bake in greased and floured pan.

Topping:

5 tsp. butter
1/2 c. brown sugar
1/2 c. canned milk

Heat to near boiling and then, add 3/4 cup coconut, 3/4 cup chopped nuts. Spread over cake while warm.

If you want chocolate cake, add cocoa with the flour.

Ruth McKay

OATMEAL CAKE

1 c. quick oatmeal (soaked for 20 minutes)
1 1/4 c. warm water
1 c. sugar
1 c. brown sugar
1/4 c. oil
2 eggs
1 1/3 c. flour
1/2 tsp. salt
1 tsp. soda
1 tsp. cinnamon
1/2 tsp. nutmeg
1 Tbsp. vanilla
1 banana, mashed

Pan size (9x12-inch), oven temperature (350°), baking time (20-30 minutes). Mix together sugars, oil and eggs. Add vanilla, oatmeal and mashed bananas. Sift flour, salt,

cinnamon and nutmeg together.

May try 1/2 cup whole-wheat flour, 2nd 1/2 - 1/3 cup unbleached flour.

Topping for Oatmeal Cake:

1/2 c. coconut
1 c. brown sugar
1 Tbsp. butter
3 Tbsp. milk
1/2 tsp. vanilla

Mix ingredients together and spread on cake when it first comes out of the oven. Place under broiler (with door open) until topping bubbles.

May want to add nuts to the above recipe.

Donnette M. Paishon

PIG PICKIN CAKE

1 box yellow cake mix
4 eggs
1/2 c. oil
1 can Mandarin oranges
1 (4 oz.) box instant vanilla pudding
1 large can crushed pineapple
1 (8 oz.) carton Cool Whip

Pan size (13x9-inch), oven temperature (325°), baking time (25-30 minutes). Combine cake mix, eggs, oil and oranges in large bowl and mix thoroughly. Put in greased and floured cake pan and bake. Cool completely, then mix vanilla pudding and crushed pineapple until thickened. Mix in Cool Whip and ice cake. Keep refrigerated.

Jean Stokes

WHACKY CAKE

3 c. flour
2 c. sugar
2 tsp. soda
3 Tbsp. cocoa
1 tsp. salt
1 tsp. vanilla
2 Tbsp. vinegar
3/4 c. oil
2 c. cold water

Pan size (9x13-inch), oven temperature (350°), then, (300°) until done, baking time (25 minutes). Sift all ingredients into baking pan, stir with fork until all flour balls are mixed.

Ruth McKay

PLUM CAKE

1/4 c. margarine
1/2 c. sugar
2 eggs
Pinch of salt
2 tsp. baking powder
3 c. flour
Slightly less than 1 c. milk
Plums

Oven temperature (350°-400°), baking time (30-35 minutes). Beat margarine until foamy, add sugar slowly, continue to beat batter, add eggs and salt. Mix baking powder with flour, using wooden spoon, add flour and milk intermittently (use only enough milk so that batter falls heavily from spoon.) Spread batter on greased cookie sheet; pinch up the sides so plum juice doesn't spell over. Cut plums in halves; remove stones; place plums, outer skins down, close together on batter. When cool; sprinkle sugar over plum cake.

Sr. Judy Levesque

FRUIT COCKTAIL CAKE

2 c. flour
2 c. sugar
2 tsp. soda
1 tsp. salt
2 eggs
2 tsp. vanilla
1 large can cocktail (1 lb. 14 oz.) minus 4 Tbsp. juice

Pan size (9x13-inch), oven temperature (325°), baking time (1 hour). Mix first seven ingredients in bowl; pour, after mixed well, into greased and floured pan (stir with a fork). Before baking , top with: 1/2 cup brown sugar, 1/2 c. nuts, sprinkle on top. Serve with whipped cream.

Ruth McKay

FRUIT COCKTAIL CAKE

2 c. flour
1 1/2 c. sugar
2 tsp. soda
1/2 tsp. salt
1 can fruit cocktail

Frosting:

1/2 c. canned milk
1 c. sugar
1 cube margarine
1 tsp. vanilla

Pan size (5x11-inch), oven temperature (325°), baking time (40 minutes). Mix all 5 ingredients together and spread in pan. Sprinkle over batter with nuts and coconut. While cake is baking, mix frosting ingredients, boil for 2 minutes, add vanilla. Spread on cake when both still warm.

Sr. Judy Levesque

TEXAS FRUIT CAKE

3/4 lb. dates
3/4 lb. red pineapple
3/4 lb. green pineapple
1 lb. white pineapple
3/4 lb. green cherries
3/4 lb. red cherries
1 lb. white raisins
1 lb. dark raisins
1 1/4 lb. pecans
1 lb. walnuts
3/4 lb. blanched almonds
1 lb. butter
3/4 lb. brown sugar
3/4 lb. white sugar
1 dozen eggs
1 lb. flour
1 Tbsp. cinnamon
1 tsp. cloves
1 1/2 tsp. soda
1 1/2 tps. mace
1 tsp. salt
2 1/2 Tbsp. milk
1/2 c. lemon juice
1 1/4 Tbsp. vanilla

Cut dates and pineapple into small pieces. Mix with other fruits and nuts in large pan. Melt butter, add sugars and mix together until well blended. Add well beaten eggs. Dredge fruit and nuts with 1/2 cup flour. Sift together remaining flour, spices, soda and salt. Mix milk, lemon juice and vanilla. Add dry and liquid mixtures alternately to creamed mixture. Pour over fruit and nuts; blend thoroughly. Line small well-greased pans or large molds with waxed paper. Fill pans 3/4 full. Bake in a 250° oven. Small pans bake 2 1/2 hours, large pans about 4 hours. Yields 7 or 8 (2 pound) cakes.

Mrs. J. C. Mayfield

SAUERKRAUT CAKE

2 1/2 c. flour
1 tsp. baking soda
1 tsp. baking powder
1/4 tsp. salt
1/2 c. unsweetened cocoa
3 eggs
1 1/2 c. sugar
2/3 c. margarine
1 1/4 tsp. vanilla
2/3 c. drained, chopped sauerkraut
1 c. water

Oven temperature (375°), baking time (45 minutes). Cream sugar, margarine and vanilla; add eggs, one at a time. Sift dry ingredients. Add water alternately with mixture. Stir in sauerkraut. Bake in large, greased cake pan or loaf pan.

Use chocolate frosting or powdered sugar for topping.

Ruth Mathewson (Volunteer)

TERESA'S CAKE FROSTING

8 Heath bars, crushed
1 pt. whipping cream
2 small containers frozen raspberries or strawberries, drained
1 angel food cake, (baked)

Refrigerate crushed Heath bars and crushed berries which have been mixed together. Whip 1 pint whipping cream and combine with Heath bar/berries mixture. Frost large angel food cake. Keep in refrigerator. Serves 8 to more.

Lillian Harlow

APPLE SQUARES

1 1/2 c. flour
1 Tbsp. sugar
1/2 tsp. salt
1 c. shortening
1 egg yolk, plus milk to make 1/3 c.
1/2 c. crushed corn flakes
3 c. sliced, peeled apples
1 c. sugar
1/2 tsp. cinnamon
1 egg white
3/4 c. powdered sugar

Pan size (9x13-inch). Sift together first 3 ingredients. Blend in shortening and add egg yolk and milk mixture. Form into 2 balls. Roll 1 ball to cover bottom of pan. Place corn flakes and apples on bottom crust. Sprinkle with sugar and cinnamon. Roll other half of dough and place on top. Pinch edges. Beat egg white stiff and spread gently on top of crust. Bake at 400° for 35 minutes. Combine powdered sugar with 2 tablespoons water or lemon juice and drizzle over crust while hot.

Carol Waggett

ALMOND ROCA COOKIES

1/2 c. white sugar
1/2 c. brown sugar
1 c. butter or margarine
1 egg yolk
1 c. flour
1/2 tsp. salt
6 Hershey's bars and chopped almonds

Pan size (Jelly roll pan, 15 1/2 x 11), oven temperature (325°), baking time (25 minutes). Combine sugars, butter and egg yolk. Add dry ingredients. Flatten in jelly roll pan. Spread thin. Bake and let cool. Melt chocolate bars and spread on cookies. Sprinkle chopped almonds on top. Cut into squares.

Janet Peterson

ANGEL KISSES

2 egg whites
3/4 tsp. sugar
1 pkg. chocoalte chips

Baking time (2 hours). Turn oven to 350°. Beat 2 egg whites until they hold peaks. Add 3/4 cup white sugar and beat 10 minutes. Fold in 1 package chocolate chips. Drop from teaspoon on ungreased cookie sheet. Turn oven off (yes--off) and leave cookies in for 2 hours.

Tint with drops of coloring if desired. Makes about 3 dozen cookies.

Joanne A. Clark

FORGOTTEN CHRISTMAS COOKIES

2 egg whites
1/4 tsp. salt
1 (6 oz.) pkg. chocolate chips
3/4 c. sugar
1 tsp. vanilla

Beat egg whites and salt until very stiff. Gradually add sugar and vanilla. Beat until stiff. Fold in chocolate chips. Drop onto greased cookie sheet. Put in preheated 375° oven. Turn oven off immediately. Leave cookies in oven with heat turned off and don't open until morning. Makes 2 dozen.

Lillian Harlow

DANISH DRAPPLES

2 c. sifted flour
1/2 tsp. salt
1 tsp. baking soda
1 tsp. cinnamon
1 tsp. nutmeg

Measure and sift together; add 1 cup uncooked, rolled oats. Beat together until light and fluffy.

3/4 c. shortening
2 eggs
1 c. firmly packed brown sugar
3/4 c. applesauce
1 c. nuts, raisins or chocolate chips

Oven temperature (375°), baking time (10 minutes). Add dry ingredients, to shortening, eggs, brown sugar and applesauce; stir in nuts. Drop by teaspoon onto greased cookie sheet. Decorate with candied fruit or colored sugar. Makes 2 dozen.

Ruth McKay

CHOCOLATE PEANUT BUTTER SQUARES

1 box powdered sugar
2 cubes butter, melted (equal 1 c.)
1 1/2 c. graham cracker crumbs
1 1/2 c. peanut butter
12 oz. pkg. chocolate chips

Pan size (9x13-inch pan or cookie sheet). Mix all but the chocolate chips together and spread on cookie sheet or 9x13-inch pan. Melt chocolate chips and spread over top of crumb mixture. Allow to cool; cut into squares and serve.

Joyce Heggen

LEMON WAFERS

Step 1:

1 c. flour
1/2 c. butter
1/4 c. confectioners' sugar

Step 2:

1 c. sugar
2 tsp. lemon peel
2 Tbsp. lemon juice
1/4 tsp. salt
1/2 tsp. baking powder

Pan size (8x8-inch). Step 1: Mix well, bake at 350° for 20 minutes.

Step 2: Pour mixture over cake. Bake 25 minutes.

If using self-rising flour, omit salt and baking powder. Serves 12.

Fran Hampton

MAGIC COOKIE BARS

1 stick butter or margarine, melted
1 1/2 c. graham cracker crumbs
1 c. chopped walnuts
6 oz. pkg. chocolate chips
1 1/3 c. flaked coconut
1 1/3 c. sweetened condensed milk

Pan size (9x13-inch), oven temperature (350°), baking time (25 minutes). Melt butter first. Add all ingredients in layers; graham cracker crumbs over butter; nuts spread on top of that; chocolate chips spread over next; coconut on top of chocolate chips; and condensed milk over all. Cool before cutting bars.

Roger Hoy

NO BAKE PEANUT BUTTER COOKIE

2 c. sugar
2 Tbsp. cocoa
1/2 c. margarine
1/2 c. milk
1/2 c. chunky peanut butter
1 tsp. vanilla
3 c. quick oats

Pour 3 cups of quick oats into a large bowl and set aside. Put sugar, cocoa, margarine and milk in medium-sized kettle; bring to a boil over medium heat, stirring constantly. Boil for one minute. Remove from heat and stir in peanut butter and vanilla. Pour mixture over the quick oats and stir until blended. Let cool slightly so that it will hold shape when made into mounds. Make mounds on waxed paper and let cool completely.

Sandy Haughton

RAISIN NUT NIBBLES

1 c. water
2 c. raisins
1 tsp. baking soda
1 c. shortening
2 c. sugar
1 tsp. vanilla
3 eggs
4 c. sifted flour
1 tsp. baking powder
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. salt
1 c. chopped walnuts

Add water to raisins in small saucepan; simmer 5 minutes, cool and stir in soda. Cream together shortening and sugar until well blended. Add vanilla, eggs and cooled raisin mixture. Sift flour with salt, baking powder and spices; add to shortening mixture and blend. Stir in nuts. Drop by teaspoonfuls onto ungreased cookie sheets, allowing for cookies to spread. Bake at 425°F. for 10-12 minutes. Makes 6 dozen cookies.

Rosalie J. McGovern

RAISIN CRISPIES

1 1/2 c. raisins
1 c. shortening
1/2 c. water
1 tsp. vanilla
2 c. brown sugar
1 1/2 c. flour
1 tsp. salt
1 tsp. soda
1 tsp. cinnamon
3 c. rolled oats

Oven temperature (350°), baking time (8-10 minutes). Combine raisins, shortening and water over heat till melted, add other ingredients; spoon onto cookie sheets.

Sr. Judy Levesque

SCOTTISH SHORTBREAD

2 c. flour
1 c. butter
1/2 c. powdered sugar

Cream butter until soft and fluffy. Add sugar and cream together. Add flour gradually. Knead quickly together; roll out to 1/4-inch thickness. Place on a cookie sheet. Cut into squares. Bake at 350°F. for about 20 minutes or until lightly browned. When cool, store in an air tight tin. Makes 12 to 16 cookies.

Margaret Purdy

SPICY DROP COOKIES

3/4 c. dark brown sugar
3/4 c. white sugar
1 c. shortening
3 eggs
1/2 c. buttermilk or sour milk
2 1/2 c. sifted flour
1/2 tsp. salt
1/2 tsp. nutmeg
1/2 tsp. cloves
1 tsp. baking soda
1 tsp. baking powder
1 tsp. cinnamon
1 c. chopped walnuts

Pan size (cookie sheets), oven temperature (350°), baking time (about 12 minutes). Using electric mixer or spoon, gradually beat brown and white sugar into shortening. Beat in eggs, one at a time. Add buttermilk, sift together and add flour, salt, nutmeg, cloves, soda, baking powder and cinnamon. Add walnuts; mix well. Drop by teaspoonfuls on greased pan, leaving room to spread. Makes about 80 soft cookies.

When mixing by hand, it is easier to alternate milk and dry ingredients.

Joanne A. Clark

PATTI'S PERFECT PIE CRUST

2 c. sifted all-purpose flour
1 tsp. salt
2/3 c. shortening
5 to 7 Tbsp. cold water

Pan size (8, 9, or 10-inch). Sift flour and salt together, cut in shortening with pastry blender or fork. Sprinkle one tablespoon of water over mixture. Repeat until all is moistened. Form into a ball. Divide in half. Flatten on lightly floured surface. Roll from center to edge till 1/8-inch thick (for one double crust).

Patricia Lorenz

AMAZING PIE

4 eggs
1/4 c. margarine
1/2 c. flour
2 c. milk
2/3 c. sugar
Vanilla

Pan size (9x9-inch), oven temperature (350°), baking time (1 hour). Blend all ingredients in blender. Pour into baking dish. Sprinkle with coconut; let stand 5 minutes. Bake till set.

Serve warm with ice cream, whipped cream or fruit sauce.

Sr. Judy Levesque

CHESS PIE

Cream:

1 c. sugar
2 egg yolks, beaten
2/3 c. cut raisins (brought to boil in little water)
1/2 tsp. salt
1/2 c. butter
Juice 1/2 lemon and rind
2/3 c. chopped nuts (sprinkle with little flour)
2 egg whites, beaten stiff and folded in last)

Pan size (10 muffin tin), oven temperature (350°). Bake 30 minutes in uncooked patty shells, set in muffin tins. Serves 10.

Bonnie L. Stickney

LIME PIE

Graham crackers or chocolate cookies
1/4 c. margarine
1/4 c. sugar
1 tsp. cinnamon
1 (6 oz.) pkg. lime or any flavor gelatin
1 1/3 c. boiling water
Ice cubes
8 oz. Cool Whip

Pan size (9-inch) pie pan, oven temperature (400°), baking time (12 minutes). Make a crust, using first four ingredients and bake for 12 minutes in oven. Dissolve jello in boiling water, stir well. Add approximately 10 ice cubes and when gelatin starts to thicken, remove ice cubes and stir in Cool Whip and pour into baked and cooled pie shell. Add mint springs, if desired. Serves 6-8.

Spearmint flavoring or creme de menthe can be used for flavoring with the lime flavored jello for a different taste and green food coloring for a Christmas pie and strawberry works well also.

Pat Deal

PEANUT BUTTER ICE CREAM PIE

For Graham Cracker Crust:

22 graham crackers, rolled to fine crumbs
1/4 c. sugar
1/4 c. melted margarine

Filling:

1 qt. softened vanilla ice cream
1/2 c. chunky peanut butter
1/2 c. heavy cream (whipped or 1 c. Cool Whip)

Pan size (9-inch) pie pan - For crust: Blend ingredients and press into pie pan. Use as is or bake at 375°F. for 8 minutes. Save a small amount to sprinkle on top.

In a large bowl, put softened ice cream, peanut butter and whipped cream and quickly stir in, put in pie shell and freeze. Serves 8.

Kim Vance

TEXAS REFRIGERATOR ROUNDUP PIE

1 c. flour
1 stick butter
1 Tbsp. sugar
1/4 tsp. salt
1 c. chopped pecans

Mix well and pat out in 9x13-inch pan. Bake 20 minutes at 350°; cool.

1 (8 oz.) pkg. cream cheese
1 c. powdered sugar
1 c. Cool Whip

Mix well and spread over crust:

2 small instant lemon pudding
3 c. milk

Mix well and spread over cream cheese mixture. Top with Cool Whip. Pan size (9x13-inch), oven temperature (350°), baking time (20 minutes). Serves 12, 14, 16.

Other flavored instant puddings can be substituted, if desired.

Francine Ferguson

FRESH STRAWBERRY PIE

1 c. sugar
3 Tbsp. cornstarch
1 c. water
2 Tbsp. white Karo syrup
Pinch of salt
3 Tbsp. strawberry Jell-O
1 qt. sliced strawberries
1 baked (9-inch) pie shell
Red food coloring, if desired

Pan size (2-quart). Bring to boil in pan, sugar, cornstarch, water, syrup and salt. Stir mixture constantly and boil until it turns clear. Add 3 tablespoons strawberry Jell-O and several drops red food coloring and mix well until Jell-O is dissolved. Allow to cool until slightly thick. Slice 1 quart strawberries into a 9-inch baked pie shell (reserve several whole berries for top of pie). Pour cooled Jell-O mixture over berries and place in refrigerator for at least 6 hours. Serve topped with whipped cream. Serves 6.

1 (3-ounce) box of Jell-O contains 6 tablespoons.

Linda Casten

RHUBARB CUSTARD PIE

1 c. sugar
3 Tbsp. flour
1/8 tsp. salt
2 egg yolks
3 c. rhubarb
2 egg whites

Pan size (9-inch), oven temperature (350°). Combine sugar, flour, salt and egg yolks. Add rhubarb, mix well. Sprinkle 1 tablespoon flour over bottom crust in pie plate. (Use your favorite pie crust, flour, graham crackers!) Fill with mixture of rhubarb. Beat 2 egg whites until stiff, add 4 tablespoons sugar, 1/4 teaspoon cream of tartar; add to top of mixture. Bake 30 minutes. Serves 6.

Marion Craig

GRANDMA BRAATEN'S APPLE PIE CAKE

1 egg
3/4 c. sugar
1/3 c. flour
2 tsp. baking powder
1 tsp. vanilla
Pinch of salt
1 c. diced apples
1/2 c. chopped nuts

Beat 1 egg; add 3/4 cup sugar, 1/3 cup of flour, two teaspoons baking powder, 1 teaspoon vanilla, pinch of salt, 1 cup diced apples, 1/2 cup chopped nuts. Mix well; put in pie pan. Bake 25 minutes at 350°.

May be topped with Cool Whip or ice cream.

Claudia Adkins

LAYERED REF. TORTE

1 c. flour
1 c. chopped walnuts, finely chopped
1 cube margarine, (room temperature)
1 large pkg. cream cheese
1 c. powdered sugar
1 1/2 c. Cool Whip
Blueberries, strawberries or lemon pudding

Pan size (8x11-inch), Oven temperature (375°), baking time (15-20 minutes). Blend flour, margarine and walnuts with fork; mix well. Press in Pyrex pan and bake. Cool

well. Mix cream cheese and powdered sugar. Blend well. Fold in Cool Whip. Mix gently. Spread this mixture on cooled crust. Add drained fruit or lemon filling. Spread 1 1/2 to 2 cups Cool Whip on top. Garnish. Chill in fridge several hours before serving. Serves 8.

Chocolate pudding may also be used.

Bonnie Iverson

DESSERT DELIGHT

1 c. flour
2 Tbsp. sugar
1/2 c. margarine
1/4 c. chopped nuts
1 (8 oz.) pkg. cream cheese
2/3 c. powdered sugar
Large Cool Whip
2 1/2 c. milk
2 pkg. instant pistachio pudding

Pan size (9x13-inch), oven temperature (350°), baking time (15 minutes). Mix together flour, sugar, margarine and chopped nuts. Bake and cool. Mix together cream cheese, powdered sugar and 1/2 of Cool Whip, spread over crust. Mix together milk and pudding. Add to other layer, cover with rest of Cool Whip. Sprinkle with 1/2 cup chopped nuts. Refrigerate overnight.

Also good with chocolate or butterscotch pudding.

Virginia Baisch

FIVE LAYER DESSERT

1 c. flour
2 Tbsp. sugar
1/2 c. margarine
1/2 c. nuts
8 oz. cream cheese
8 oz. Cool Whip
1 c. powdered sugar
1 large pkg. vanilla pudding
1 large pkg. chocolate pudding
5 c. milk

Pan size (13x9-inch). Mix together flour, sugar, margarine and nuts; like a pie crust. Bake at 350° for 12-15 minutes. Let cool. Beat cream cheese, powdered sugar and 1 cup Cool Whip. Pour over cooled crust. Mix

vanilla pudding and 2 1/2 cups milk as directed on package Pour over second layer. Mix chocolate pudding and 2 1/2 cups milk as directed on package. Pour over vanilla pudding. Cover with remaining Cool Whip and sprinkle with nuts. Refrigerate for several hours. Serves 12.

Chris Luebeck

CHERRY DESSERT

1 pkg. cherry chip cake mix (Betty Crocker)
1 stick (1/4 lb.) margarine
1 can cherry pie filling
1 c. chopped walnuts or pecans
Powdered sugar for topping

Melt margarine and mix into cake mix with fork. Pat into 9x13-inch cake pan, raising sides to make edge. Top with 1 can of cherry pie filling and 1 cup chopped walnuts or pecans. Bake at 350° for approximately 25-30 minutes. When cake has cooled, sprinkle with a mixture of powdered sugar and water over whole cake. Serves 12.

Very yummy and very rich.

Renate H. Lawrence

CHOCOLATE DESSERT

1 stick butter, melted
1 c. flour
1 c. walnuts, shredded
1 c. powdered sugar
1 c. Cool Whip (buy 9 oz. size Cool Whip)
1 pkg. large Philadelphia cream cheese
2 large boxes instant chocolate pudding
3 c. milk

Pan size (9x14-inch), oven temperature (350°). Crust: Mix melted butter with flour and shredded walnuts; pat into pan with fork and bake for 20 minutes.

2nd layer: Combine powdered sugar, cream cheese and Cool Whip, beat until fluffy and spread on cooled crust.

3rd layer: Combine instant chocolate pudding and milk; beat for exactly 2 minutes and pour over cream cheese layer.

4th layer: Spread rest of Cool whip over pudding layer and sprinkle top with finely chopped walnuts. Serves 10-12.

Sharon Quber

RUMTOPF

3 medium oranges
3 medium pears, cored and diced
1 c. maraschino cherries
1 c. rum
1 c. sugar

Peel, section and cut up oranges over bowl to catch juice. In a crock, combine chopped oranges, pears and cherries. Stir in sugar. Pour in juice from oranges and rum. Cover. Refrigerate for 2 weeks. Serve as a topping over ice cream or cake.

To replenish Rumtopf: For every cup of fruit removed, add 1 cup of fruit; 1/3 cup sugar, and 1/3 cup rum. Keep refrigerated.

Rena G. Olsen

CHERRY SALAD SUPREME

1 (3 oz.) pkg. raspberry gelatin
1 (21 oz.) can cherry pie filling
1 (3 oz.) pkg. lemon gelatin
1 (3 oz.) pkg. cream cheese
1/3 c. mayonnaise or salad dressing
1 c. crushed pineapple
1/2 c. whipping cream
1 c. tiny marshmallows
2 Tbsp. chopped nuts

Pan size (9x9-inch pan). Dissolve raspberry gelatin in 1 cup boiling water. Stir in pie filling. Turn into nine-inch square baking dish. Chill till partially set. Dissolve lemon gelatin in 1 cup boiling water. Beat together cream cheese and salad dressing. Gradually add lemon gelatin. Stir in undrained pineapple. Whip cream, fold into lemon mixture with marshmallows. Spread atop cherry layer. Top with nuts. Chill until set. Serves 12.

Kim Vance

** NOTES **

Candy, Jelly, Preserves

TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about ½ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In CARAMELIZING, the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

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CHOCOLATE BALLS

3/4 c. peanut butter
2 c. powdered sugar
6 oz. chocolate chips
3/4 c. graham crackers
1/2 c. margarine
1/4 square of Parowax

Combine all ingredients, form into small balls. Melt chocolate and wax in double boiler; keep warm. Roll balls into chocolate until covered. Place on foil or waxed paper on a tray. Set until firm.

Martha Scudder

CHOCOLATE FUDGE

10 large marshmallows
1/2 c. butter or oleo
3/4 c. evaporated milk
2 c. white sugar
1 1/2 pkg. chocolate chips (small pkg.)
1/2 tsp. vanilla
1/2 c. chopped walnuts or 1/2 c. coconut

Pan size (large cake pan). Melt marshmallows with butter in double boiler. Boil evaporated milk with sugar for six minutes; soft boil. Combine these two mixtures and pour in chocolate chips. Stir until creamy and add vanilla and nuts and/or coconut. Pour into buttered pan and chill before cutting into pieces.

Does not turn out well if making a double recipe. Too soft.

Sharon Quber

COCONUT FUDGE

2 c. sugar
3/4 c. milk
1 Tbsp. butter
1/2 c. shredded coconut
1/2 tsp. vanilla

Melt butter, add milk and sugar. Stir until dissolved. Cook to soft ball stage. Cool, then add coconut and vanilla. Beat until creamy. Pour into greased 8-inch pans.

Mary Swisher

PENUCHE FUDGE

1 stick of butter, melted
1/4 c. milk
2 c. confectioners' sugar
1 c. firmly packed brown sugar
1 tsp. vanilla
1/2 c. nuts

Pan size (8-inch) square. Cook butter and brown sugar in saucepan for 2 minutes. Add milk and bring to a boil. Remove from heat and add confectioners' sugar. Stir well. Add vanilla and nuts. Pour in buttered pan. Cool and cut into squares.

Bonnie Stickney

FRANGOS

1 lb. powdered sugar
3/4 c. soft margarine
2 eggs
2 tsp. vanilla
2 c. mint flavored chocolate chips

Pan size (13x9x2-inch). Cream together in electric mixer--sugar and margarine. Add 2 eggs and vanilla. Mix well. Melt chocolate chips in double boiler. Beat until smooth. Add to first mixture. Pour into buttered pan. Spread thinly; hardens in a short time in refrigerator.

If stronger mint flavor desired, add 1 cap full of peppermint extract.

Janet Peterson

REESE'S PEANUT BUTTER BAR

1 cube margarine, soft
2 c. peanut butter
2 1/2 c. powdered sugar
Chocolate chips or dipping chocolate

Melt enough chocolate to spread on bottom of cookie sheet. Let set until firm. Mix other ingredients and press on top of chocolate layer. Melt more chocolate and spread on top. When firm, cut into squares.

Martha Schudder

BAKED CARAMEL CORN

1 c. butter or margarine
2 c. firmly packed brown sugar
1/2 c. dark corn syrup
1 tsp. salt
1/2 tsp. baking soda
1 tsp. vanilla
6 qt. popped popcorn

Melt butter, stir in brown sugar, corn syrup and salt. Bring to a boil, stirring constantly, then boil 5 minutes without stirring. Remove from heat, stir in baking soda and vanilla. Gradually pour over popped corn, mixing well. Turn into two large shallow pans or large roaster. Bake at 250° for 1 hour, sitrring every 15 minutes. Remove from oven and cool. Store in tightly covered container.

Kim Vance

RHUBARB JAM

5 c. rhubarb, cut in 1-inch pieces
1 (15 oz.) can crushed pineapple, drained
4 c. sugar
1 (3 oz.) pkg. strawberry Jell-O

In a large saucepan, combine rhubarb, drained pineapple and sugar. Stir to mix well and then allow to stand 1/2 hour. Slowly bring to boil and cook for 12 minutes, stirring constantly. Remove from heat and add package of strawberry Jell-O. Stir until gelatin is dissolved. Pour into hot, sterilized jars and seal with paraffin wax or place in freezer containers and freeze.

Makes approximately 45 ounces of jam.

Linda Casten

FRESH STRAWBERRY JAM (Microwave)

4 1/2 c. crushed fresh strawberries (wash and stem before crushing)
1 (1 3/4 oz.) box powdered fruit pectin
7 c. sugar

Place berries and pectin in 3-quart casserole; stir well. Cover. Place in microwave and cook (high power), 8 to 10 minutes, until mixture is at a full rolling boil. Add sugar to boiling mixture and stir well. Return uncovered to microwave and cook mixture 8 to 10 minutes, stirring after 5 minutes, until mixture reaches a full rolling boil. Then, time for 1 minute of boiling. Remove from oven and skim off foam with metal spoon, stirring jam about 5 minutes before ladling into prepared glasses. Seal. Makes about 8 cups of jam.

Bonnie Stickney

** NOTES **

Beverages, Microwave, Misc.

MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften jello that has set up too hard—perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 cup milk for 2 - 2½ minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the boney pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat left-over custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

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PINK PANTHER PUNCH (Fanged or De-fanged)

12 oz. Mountain Dew
32 oz. lo-cal cranberry juice cocktail
32 oz. grapefruit-pineapple juice
12 oz. diet 7-Up

To all fangs: Add Gin or vodka, to desired taste! Combine above in large punch bowl with cracked ice. Good for picnics; celebrations, Christmas, New Year's drink etc. Good for kids when de-fanged.

Mary E. Hill

PARTY PUNCH

1 (6 oz.) pkg. any flavor gelatin
4 c. boiling water
1 1/2 c. sugar
2 c. cold water
1 (8 oz.) bottle lemon juice
1 (46 oz.) can pineapple juice
1 qt. ginger ale

Dissolve gelatin in boiling water. Add sugar. Stir until dissolved. Add cold water, lemon and pineapple juice. (Do not let stand in refrigerator as it will thicken.) Pour into punch bowl; add crushed ice and ginger ale just before serving. Yield: 25 to 30 (4-ounce) servings.

Kim Vance

STRAWBERRY PUNCH

12 oz. can frozen concentrate of pink lemonade
2 litres ginger ale
Large pkg. frozen sweetened strawberries
Liquor (optional) to taste

Pan size (large punch bowl). Semi-thaw strawberries 1 - 1 1/2 hour before mixing pink lemonade and ginger ale. Add all ingredients together and stir. May add vodka or rum to suit personal tastes. Serves approximately 20 cups.

Barb Newlin

BAILEY'S IRISH CREAM

1 c. brandy
1 can Eagle Brand condensed milk
1 1/4 c. half & half
1/2 tsp. coconut extract
3 medium eggs
2 Tbsp. chocolate topping

Mix in blender. (You can use other extracts if preferred.)

Virginia Baisch

BAKED POTATO TOPPING

1 c. mild Cheddar cheese
1/4 c. milk
1/2 c. diced, green hot peppers
1/4 c. crisp, crumbled bacon
2 Tbsp. green, chopped onions
Dash of pepper

Pan size (1-quart). Dice cheese in top of double boiler; add milk, stirring constantly until cheese is melted then add hot green pepper, bacon, onions and pepper. Mix well and keep hot. Slit baked potatoes, mash lightly with fork, inside peeling; then pour cheese mix over. Serves 2 large, 3 medium.

M.A. Charette

JERKY

Liquid smoke
Season-All
Garlic powder
Coarse black pepper
Meat; beef, pork or whatever meat you prefer
Worcestershire sauce
2 Tbsp. or less soy sauce
Pinch of salt
Sugar, very sparingly

Cut meat in thin strips. Layer in pan and sprinkle with the above spices in each layer. Soak for a minimum of 5 hours, maximum of 12 hours. Shake meat out and lay on racks in oven. Let dry at 125° for 12 to 14 hours. Check at 5 to 8 hours. Leave oven door open.

Martha Scudder

GRANOLA

1/2 c. oil
1/2 - 1 c. honey
1 Tbsp. vanilla
4 Tbsp. powdered milk
2 Tbsp. brewers' yeast
1 c. wheat germ
1 1/4 c. sesame seeds
1 c. chopped almonds or other nuts
1 c. sunflower seeds
1 c. rolled wheat
1 c. rolled oats
Raisins or dates

Pan size (cookie sheets), oven temperature (225°), baking time (1 1/2 hours). Heat 1st 3 ingredients till very thin. Stir each other ingredient in order. Spread in thin layer on cookie sheets and bake. Stir halfway thru baking time. Add raisins or dates, after baking. Cool before storing in airtight container.

May add shredded coconut, peanuts, cashews, dried fruit.

Sr. Judy Levesque

RICE PILAF

1/4 lb. fresh mushrooms, sliced
2-3 Tbsp. chopped green onions
1 (8 oz.) Uncle Ben's wild and long grain rice
1 1/2 c. hot water
1 c. dry sherry or dry white wine

Saute mushrooms and onions. Add rice and flavor packet, water and wine, simmer 45 minutes or until water is absorbed. Serves 4-6 people.

Renate H. Lawrence

BANANA-BERRY WAFFLES

In a bowl, combine 2 beaten egg yolks, 1 1/3 cups milk and 2 tablespoons cooking oil. Stir in 2 cups packaged biscuit mix; 1 medium banana, mashed (1/2 cup); and 2 tablespoons sugar. Beat till smooth. Fold in 2 stiff-beaten egg whites, leaving a few fluffs. Using 1 cup batter for each waffle, bake in preheated waffle baker.

Meanwhile, combine 1 cup softened strawberry ice

cream and one 8-ounce carton strawberry yogurt. Combine one 10-ounce package frozen strawberries, thawed, and 1 cup banana chunks.

To serve, place one waffle on serving plate; spoon some ice cream mixture over. Repeat with remaining waffles and the remaining ice cream sauce. Top waffle stack with a little fruit sauce and pass remaining fruit sauce. Cut into wedges to serve. Makes 4 servings.

Rena G. Olsen

HOT SAUCE

2 (15 oz.) cans tomato sauce
1/2 jar hot yellow wax peppers and juice
1 onion, chopped
1 small can chopped green chiles
1 Tbsp. paprika
Minced clove garlic or powder
Pepper, cayenne to taste
1/4 c. catsup
1/8 to 1/4 c. vinegar

Cut stems from hot peppers and quarter onion, chop in food processor or by hand. Mix all ingredients and let stand in refrigerator overnight. Sauce will become hotter with time. Serve with tortilla chips. Makes 1 quart.

Denise Gruchalla

JIFFY BAR-B-Q SAUCE

1/2 c. oil
3/4 c. chopped onions
3/4 c. catsup
3/4 c. water
1/3 c. lemon juice
3 tsp. sugar
2 tsp. mustard
2 tsp. salt
1/2 tsp. pepper

Cook onions until soft in hot oil. Add remaining ingredients. Simmer 15 minutes. Makes enough sauce for basting and serving with 2 chickens.

Mrs. J. C. Mayfield

RECIPE FOR LIVING

1 c. friendly words
4 heaping tsp. time and patience
Dash of humor
2 heaping c. understanding
Pinch of warm personality

Measure words carefully. Add heaping cup of understanding. Use generous amounts of time and patience. Cook with gas on front burner. Keep temperature low. Do not boil. Add a dash of humor and a pinch of warm personality. Season to taste with spice of life and serve in individual molds.

Martha Scudder

** NOTES **

** NOTES **

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